



WHATSheATE



Campbell's® Cheesy Chicken and Rice Casserole



Gluten Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned (regular or)
- ☐ 0.5 teaspoon onion powder
- ☐ 0.8 cup regular rice long-grain white uncooked
- ☐ 2 cups vegetables fresh
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 4 chicken breasts boneless skinless
- ☐ 1.3 cups water

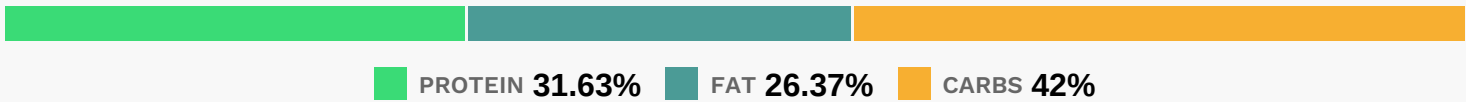
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir the soup, water, rice, vegetables and onion powder in a 12 x 8 inch shallow baking dish.
- ☐ Top with chicken. Season chicken as desired. Cover.
- ☐ Bake at 375 degrees F for 45 minutes or until done. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:29.36, Glycemic Load:15.34, Inflammation Score:-9, Nutrition Score:16.466087139171%

Nutrients (% of daily need)

Calories: 293.81kcal (14.69%), Fat: 8.55g (13.16%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 27.9g (10.15%), Sugar: 0.34g (0.38%), Cholesterol: 61.69mg (20.56%), Sodium: 537.96mg (23.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.17%), Vitamin A: 3290.05IU (65.8%), Vitamin B3: 9.19mg (45.96%), Selenium: 31.5µg (44.99%), Vitamin B6: 0.67mg (33.41%), Phosphorus: 280mg (28%), Manganese: 0.45mg (22.43%), Vitamin B5: 1.54mg (15.45%), Potassium: 467.72mg (13.36%), Vitamin B2: 0.2mg (11.96%), Magnesium: 45.22mg (11.3%), Fiber: 2.75g (11.01%), Copper: 0.21mg (10.26%), Calcium: 101.31mg (10.13%), Vitamin B1: 0.15mg (9.9%), Zinc: 1.47mg (9.78%), Iron: 1.6mg (8.89%), Vitamin C: 7.3mg (8.85%), Folate: 25.56µg (6.39%), Vitamin B12: 0.25µg (4.17%), Vitamin E: 0.51mg (3.43%), Vitamin K: 2.49µg (2.37%)