



Campbell's Kitchen Cheesy Chicken Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce peas drained canned
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned (Regular or)
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- 1 cup mushrooms fresh sliced
- 2 cups rice white instant cooked
- 2 cups mozzarella cheese shredded
- 16 ounce chicken breast halves boneless skinless cut into 1-inch pieces

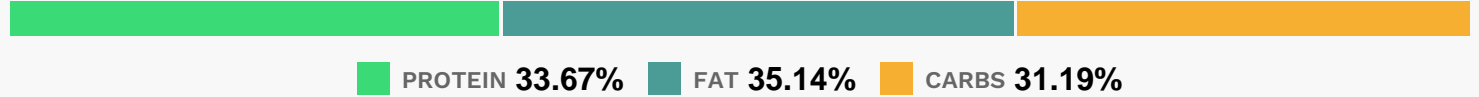
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat the oven to 350 degrees F.
- Spray a 10-inch skillet with the cooking spray and heat over medium-high heat for 1 minute.
- Add the chicken and cook for 15 minutes or until well browned and cooked through, stirring often.
- Spray a 3-quart shallow baking dish with the cooking spray.
- Place the chicken into the baking dish. Top with the mushrooms. Spoon the celery soup over the mushrooms. Top with the peas and rice. Spoon the mushroom soup over the rice.
- Sprinkle with the cheese.
- Bake for 20 minutes or until the mixture is hot and bubbling.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:31.706087205721%

Nutrients (% of daily need)

Calories: 562.07kcal (28.1%), Fat: 21.68g (33.36%), Saturated Fat: 9.89g (61.83%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 38.45g (13.98%), Sugar: 5.48g (6.09%), Cholesterol: 129.01mg (43%), Sodium: 1617.16mg (70.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.74g (93.48%), Vitamin B3: 16.13mg (80.65%), Selenium: 54.75µg (78.22%), Phosphorus: 599.47mg (59.95%), Vitamin B6: 1.04mg (52.17%), Manganese: 0.93mg (46.67%), Vitamin A: 2252.92IU (45.06%), Vitamin K: 36.63µg (34.88%), Calcium: 344.48mg (34.45%), Vitamin B5: 3.04mg (30.43%), Zinc: 4.52mg (30.11%), Vitamin B2: 0.48mg (27.99%), Vitamin B12: 1.67µg (27.76%), Folate: 102.66µg (25.66%), Iron: 4.53mg (25.18%), Copper: 0.49mg (24.37%), Potassium: 829.23mg (23.69%), Fiber: 4.85g (19.41%), Magnesium: 76.31mg (19.08%), Vitamin B1: 0.29mg (19.02%), Vitamin C: 10.31mg (12.5%), Vitamin E: 1.41mg (9.42%), Vitamin D: 0.39µg (2.57%)