



Cheesy Chicken and Rice

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups broccoli frozen thawed drained chopped
- ☐ 2 tablespoons butter
- ☐ 2 cups roasted chicken diced cooked
- ☐ 10 ounces cream of chicken soup undiluted canned
- ☐ 3 cups rice long grain cooked
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- ☐ 3 cups rice long grain cooked
- ☐ 4 eggs

- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 0.5 cup spring onion chopped
- ☐ 1 cup milk
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces cheddar cheese shredded divided

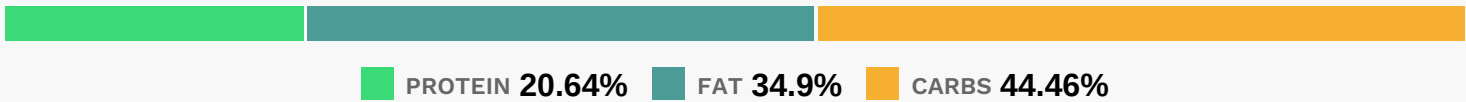
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine rice and broccoli; spoon into a greased 13-in. x 9-in. baking dish.
- ☐ In a large skillet, saute mushrooms in butter until tender.
- ☐ Remove from the heat.
- ☐ Add chicken and green onions; spoon over rice mixture. Beat eggs, milk, salt and pepper; pour over all.
- ☐ Sprinkle with 1 cup cheese.
- ☐ Spread soup over top.
- ☐ Bake, uncovered, at 350° for 30 minutes.
- ☐ Sprinkle with remaining cheese and bake 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:75.43, Inflammation Score:-8, Nutrition Score:32.372173641039%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 717.26kcal (35.86%), Fat: 27.65g (42.54%), Saturated Fat: 13.25g (82.83%), Carbohydrates: 79.29g (26.43%), Net Carbohydrates: 76.18g (27.7%), Sugar: 5.01g (5.56%), Cholesterol: 200.61mg (66.87%), Sodium: 916.84mg (39.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.59%), Selenium: 58.86µg (84.09%), Manganese: 1.34mg (66.77%), Vitamin K: 65.78µg (62.65%), Phosphorus: 576.95mg (57.7%), Vitamin C: 42.45mg (51.45%), Vitamin B2: 0.84mg (49.53%), Calcium: 400.53mg (40.05%), Vitamin B3: 7.95mg (39.77%), Vitamin B5: 3.62mg (36.24%), Vitamin B6: 0.67mg (33.69%), Zinc: 4.55mg (30.35%), Copper: 0.56mg (27.79%), Vitamin A: 1182.89IU (23.66%), Potassium: 749.37mg (21.41%), Folate: 78.19µg (19.55%), Magnesium: 76.83mg (19.21%), Vitamin B12: 1.05µg (17.58%), Iron: 2.95mg (16.41%), Vitamin B1: 0.23mg (15.03%), Fiber: 3.11g (12.43%), Vitamin E: 1.47mg (9.79%), Vitamin D: 1.41µg (9.41%)