



Cheesy Chicken and Rice Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2 cups rice white cooked
- ☐ 6 servings salt and pepper to taste
- ☐ 2 cups cheddar cheese shredded
- ☐ 4 chicken breast halves boneless skinless cut into bite size pieces
- ☐ 3 slices bread white cubed soft

Equipment

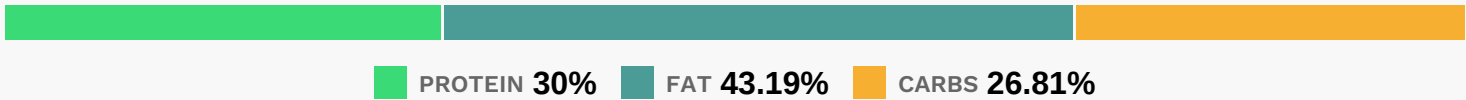
- ☐ oven

- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ To Cook Chicken: Season chicken with salt and pepper to taste, place in a microwave-safe dish, cover and cook in microwave for 5 to 6 minutes. Turn and cook another 2 to 3 minutes or until cooked through and no longer pink inside.
- ☐ Let cool.
- ☐ In a 9x13 inch baking dish, combine chicken, rice and soup and mix well. Top with cheese, then with bread cubes.
- ☐ Bake at 350 degrees F (175 degrees C) for 20 minutes, or until cheese is melted and bubbly and bread is crunchy.

Nutrition Facts



Properties

Glycemic Index:42.3, Glycemic Load:22.14, Inflammation Score:-5, Nutrition Score:15.624782619269%

Nutrients (% of daily need)

Calories: 387.49kcal (19.37%), Fat: 18.28g (28.13%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 25.04g (9.11%), Sugar: 1.09g (1.21%), Cholesterol: 89.94mg (29.98%), Sodium: 944.23mg (41.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.15%), Selenium: 42.58µg (60.83%), Vitamin B3: 8.88mg (44.41%), Phosphorus: 383.23mg (38.32%), Vitamin B6: 0.65mg (32.54%), Calcium: 308.94mg (30.89%), Manganese: 0.37mg (18.63%), Vitamin B2: 0.3mg (17.74%), Vitamin B5: 1.6mg (15.99%), Zinc: 2.34mg (15.57%), Potassium: 365.72mg (10.45%), Magnesium: 41.49mg (10.37%), Vitamin A: 492.59IU (9.85%), Vitamin B1: 0.14mg (9.31%), Vitamin B12: 0.55µg (9.17%), Iron: 1.4mg (7.8%), Copper: 0.15mg (7.49%), Folate: 27.39µg (6.85%), Vitamin E: 0.75mg (4.99%), Vitamin K: 3.16µg (3.01%), Vitamin D: 0.3µg (2.01%), Fiber: 0.5g (1.99%), Vitamin C: 0.95mg (1.16%)