



Cheesy Chicken and Rice Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounces campbell's® condensed cream of chicken soup fat free 98% healthy request® canned (Regular, or)
- ☐ 2 cup vegetables mixed frozen
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon onion powder
- ☐ 0.8 cup regular rice long-grain white uncooked
- ☐ 2 ounces cheddar cheese shredded
- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 1.3 cups water

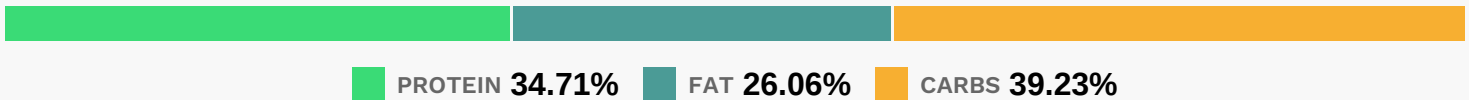
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 375 degrees F. Stir the soup, water, rice, onion powder, black pepper and vegetables in a 2-quart shallow baking dish.
- ☐ Top with the chicken. Cover the baking dish.
- ☐ Bake for 50 minutes or until the chicken is cooked through and the rice is tender. Top with the cheese.
- ☐ Let the casserole stand for 10 minutes. Stir the rice before serving.
- ☐ Serve with a Caesar salad. For dessert serve frozen Italian-style water ice or gelati.
- ☐ Alfredo: Substitute broccoli flowerets for the vegetables and substitute 1/4 cup grated Parmesan for the Cheddar cheese.
- ☐ Add 2 tablespoons Parmesan cheese with the soup.
- ☐ Sprinkle the chicken with the remaining Parmesan cheese.
- ☐ Lower Fat: Use Campbell's 98% Fat Free Cream of Chicken Soup instead of regular soup and use low fat cheese instead of regular cheese.
- ☐ Mexican: In place of the onion powder and black pepper use 1 teaspoon chili powder. Substitute Mexican cheese blend for the Cheddar.
- ☐ Italian: In place of the onion powder and black pepper use 1 teaspoon Italian seasoning, crushed. Substitute 1/3 cup shredded Parmesan for the Cheddar.
- ☐ Cost per recipe: \$9.09

Nutrition Facts



Properties

Glycemic Index:52.05, Glycemic Load:23.02, Inflammation Score:-10, Nutrition Score:27.456956728645%

Nutrients (% of daily need)

Calories: 474.01kcal (23.7%), Fat: 13.6g (20.92%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 41.9g (15.24%), Sugar: 0.52g (0.57%), Cholesterol: 110.99mg (37%), Sodium: 840.63mg (36.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.75g (81.5%), Vitamin A: 4944.88IU (98.9%), Vitamin B3: 16.79mg (83.93%), Selenium: 56.46µg (80.66%), Vitamin B6: 1.22mg (60.89%), Phosphorus: 480.79mg (48.08%), Manganese: 0.69mg (34.66%), Vitamin B5: 2.73mg (27.28%), Potassium: 809.65mg (23.13%), Vitamin B2: 0.33mg (19.65%), Magnesium: 75.53mg (18.88%), Fiber: 4.16g (16.64%), Vitamin B1: 0.24mg (16.09%), Copper: 0.32mg (15.86%), Zinc: 2.37mg (15.8%), Calcium: 154.31mg (15.43%), Iron: 2.52mg (13.99%), Vitamin C: 11.3mg (13.7%), Folate: 39.52µg (9.88%), Vitamin B12: 0.43µg (7.23%), Vitamin E: 0.83mg (5.51%), Vitamin K: 4µg (3.81%), Vitamin D: 0.23µg (1.51%)