



Cheesy Chicken and Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



624 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 18.5 oz enchilada sauce canned
- 0.8 cup water
- 0.8 cup rice long-grain white uncooked
- 0.5 teaspoon ground cumin
- 0.3 teaspoon pepper black
- 15 oz black beans rinsed drained canned
- 9 oz corn frozen
- 1 lb chicken breast halves boneless skinless

4 oz colby cheese shredded

Equipment

oven

glass baking pan

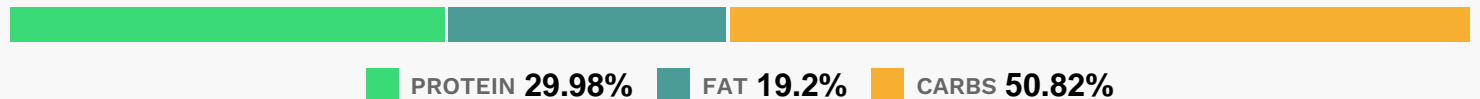
Directions

Heat the oven to 375°F. In ungreased 2-quart glass baking dish, mix soup, water, rice, cumin, pepper, beans and corn. Top with chicken.

Cover; bake about 30 minutes or until juice of chicken is clear when center of thickest part is cut (170°F) and rice is tender. Stir rice around chicken. Top with cheese.

Bake uncovered 5 to 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:32.05, Glycemic Load:21.5, Inflammation Score:-9, Nutrition Score:29.977826009626%

Nutrients (% of daily need)

Calories: 624.12kcal (31.21%), Fat: 13.4g (20.61%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 79.77g (26.59%), Net Carbohydrates: 66g (24%), Sugar: 8.94g (9.93%), Cholesterol: 99.51mg (33.17%), Sodium: 1448.2mg (62.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.05g (94.11%), Vitamin B3: 14.03mg (70.15%), Selenium: 47.44µg (67.77%), Phosphorus: 613.36mg (61.34%), Vitamin B6: 1.12mg (55.88%), Fiber: 13.77g (55.09%), Manganese: 0.99mg (49.74%), Folate: 196.38µg (49.09%), Magnesium: 141.93mg (35.48%), Potassium: 1066.53mg (30.47%), Vitamin B1: 0.43mg (28.53%), Iron: 4.54mg (25.24%), Vitamin B5: 2.47mg (24.73%), Calcium: 245.04mg (24.5%), Vitamin A: 1203.15IU (24.06%), Zinc: 3.56mg (23.74%), Vitamin B2: 0.36mg (20.98%), Copper: 0.38mg (19.22%), Vitamin C: 8.6mg (10.42%), Vitamin B12: 0.46µg (7.7%), Vitamin E: 0.34mg (2.28%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.25µg (1.19%)