



 7%
HEALTH SCORE

Cheesy Chicken and Rice Casserole

 Gluten Free  Popular

READY IN



60 min.

SERVINGS



6

CALORIES



601 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 chicken breast strips/pre-cooked/chopped
- 2 cups rice cooked ()
- 2 cups rice cooked ()
- 2 cups rice cooked ()
- 8 oz cream cheese
- 10 oz cream of mushroom soup canned
- 1 medium bell pepper green
- 1.5 cup monterrey jack cheese shredded

- 0.5 onion red
- 6 servings salt and pepper to taste
- 2 Tbsp country crock buttery spread

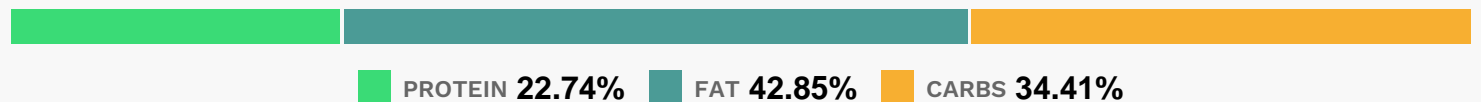
Equipment

- bowl
- oven
- mixing bowl

Directions

- Heat your oven to 350. Take your 2 grilled chicken breasts and allow them to slightly cool. Shred chicken breasts and place to the side in a mixing bowl. Finely chop your pepper and onion and saut in 2 Tbsp Country Crock for 5 minutes until soft.
- Add cream cheese into the onion and pepper and mix well.
- Pour into the large bowl with chicken.
- Mix in rice, hot sauce, cream of mushroom soup, cup Monterrey Jack cheese, and salt and pepper.
- Mix well.
- Pour mixture in a 9 x 13 dish, and cover with remaining cheese and add salt and pepper to taste.
- Bake for 30 minutes. Allow to cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:69.67, Glycemic Load:48.69, Inflammation Score:-7, Nutrition Score:18.466086956522%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Taste

Sweetness: 70.56%, Saltiness: 98.43%, Sourness: 35.38%, Bitterness: 33.89%, Savoriness: 62.31%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 601.33kcal (30.07%), Fat: 28.24g (43.45%), Saturated Fat: 15.09g (94.33%), Carbohydrates: 51.03g (17.01%), Net Carbohydrates: 49.81g (18.11%), Sugar: 2.51g (2.78%), Cholesterol: 114.42mg (38.14%), Sodium: 892.09mg (38.79%), Protein: 33.73g (67.46%), Selenium: 35.07µg (50.1%), Manganese: 0.94mg (47.05%), Vitamin B3: 9.09mg (45.43%), Phosphorus: 385.05mg (38.5%), Vitamin B6: 0.61mg (30.44%), Calcium: 277.91mg (27.79%), Vitamin C: 16.62mg (20.15%), Vitamin A: 988.71IU (19.77%), Zinc: 2.95mg (19.64%), Vitamin B2: 0.32mg (18.79%), Vitamin B5: 1.56mg (15.65%), Magnesium: 52.83mg (13.21%), Copper: 0.26mg (13.21%), Potassium: 383.82mg (10.97%), Vitamin E: 1.59mg (10.63%), Vitamin B12: 0.59µg (9.8%), Iron: 1.58mg (8.76%), Vitamin B1: 0.11mg (7.31%), Folate: 22.55µg (5.64%), Vitamin K: 5.77µg (5.49%), Fiber: 1.22g (4.88%), Vitamin D: 0.23µg (1.51%)