



Cheesy Chicken and Wild Rice Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.8 oz rice wild instant
- 6 tablespoons butter
- 0.8 teaspoon salt
- 8 oz mushrooms fresh sliced (3 cups)
- 0.5 cup leek sliced
- 1 clove garlic finely chopped
- 2 tablespoons flour all-purpose
- 2 cups milk
- 1 cup gruyere cheese shredded

- 3 cups chicken shredded cooked
- 1 cup chicken broth (from 32-oz carton)
- 0.5 teaspoon pepper freshly ground
- 0.5 cup almonds toasted sliced

Equipment

- bowl
- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cook rice as directed on package, using 2 tablespoons of the butter and 1/4 teaspoon of the salt.
- Meanwhile, in 12-inch skillet, melt remaining 1/4 cup butter over medium-high heat. Cook mushrooms, leek and garlic in butter 3 minutes, stirring occasionally, until tender. Reduce heat to medium. Stir in flour. Gradually add milk; heat to boiling. Cook 5 minutes, stirring constantly, until thickened.
- Remove from heat; stir in 1/2 cup of the cheese.
- In large bowl, mix cooked rice, milk mixture, chicken, broth, pepper and remaining 1/2 teaspoon salt until blended. Spoon into baking dish.
- Sprinkle with almonds and remaining 1/2 cup cheese.
- Bake uncovered 20 to 25 minutes or until thoroughly heated and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:51.7, Glycemic Load:9.78, Inflammation Score:-7, Nutrition Score:18.638260934664%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 474.49kcal (23.72%), Fat: 29.8g (45.84%), Saturated Fat: 9.62g (60.15%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 18.93g (6.88%), Sugar: 5.56g (6.18%), Cholesterol: 87.24mg (29.08%), Sodium: 812.77mg (35.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.49%), Phosphorus: 445.08mg (44.51%), Selenium: 28.91µg (41.29%), Vitamin B3: 7.75mg (38.74%), Calcium: 368.38mg (36.84%), Vitamin B2: 0.57mg (33.29%), Manganese: 0.45mg (22.72%), Vitamin B6: 0.45mg (22.59%), Vitamin A: 995.25IU (19.91%), Zinc: 2.9mg (19.3%), Vitamin B5: 1.88mg (18.83%), Vitamin E: 2.6mg (17.36%), Vitamin B12: 1.03µg (17.19%), Magnesium: 63.59mg (15.9%), Potassium: 524.7mg (14.99%), Copper: 0.3mg (14.89%), Vitamin B1: 0.19mg (12.83%), Iron: 1.79mg (9.93%), Vitamin D: 1.1µg (7.35%), Fiber: 1.76g (7.04%), Folate: 26.04µg (6.51%), Vitamin K: 4.63µg (4.41%), Vitamin C: 1.87mg (2.26%)