



Chicken-and-Rice Bake

 **Gluten Free**

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup almonds sliced
- ☐ 2 tablespoons butter
- ☐ 14 oz chicken broth canned
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 10.8 oz cream of chicken soup with herbs canned
- ☐ 10 oz onions frozen chopped
- ☐ 0.3 teaspoon pepper
- ☐ 8 oz cup heavy whipping cream sour

- ☐ 8 oz water chestnuts diced drained canned
- ☐ 20 oz steam-in-bag brown-and-wild rice frozen with broccoli and carrots

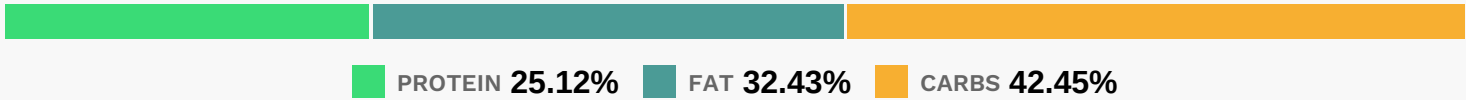
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter in a large skillet over medium heat; add onions, and saut 6 to 8 minutes or until tender.
- ☐ Stir together frozen rice packages and next 6 ingredients; stir in onions. Spoon mixture into a lightly greased 13- x 9-inch baking dish. Top with sliced almonds.
- ☐ Bake at 400 for 30 to 35 minutes or until bubbly and almonds are lightly browned.
- ☐ Let stand 10 minutes.
- ☐ Note: We tested with Birds Eye Steamfresh Brown & Wild Rice With Broccoli & Carrots.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:39.01, Inflammation Score:-9, Nutrition Score:33.920434679674%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg

9.63mg

Nutrients (% of daily need)

Calories: 845.83kcal (42.29%), Fat: 30.89g (47.52%), Saturated Fat: 10.45g (65.3%), Carbohydrates: 90.97g (30.32%), Net Carbohydrates: 81.38g (29.59%), Sugar: 7.88g (8.76%), Cholesterol: 121.97mg (40.66%), Sodium: 782.8mg (34.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.82g (107.64%), Manganese: 1.7mg (85.08%), Phosphorus: 770.87mg (77.09%), Vitamin B3: 14.39mg (71.94%), Zinc: 9.29mg (61.93%), Magnesium: 239.38mg (59.84%), Selenium: 35.58µg (50.82%), Vitamin B6: 0.96mg (48.21%), Copper: 0.84mg (41.85%), Vitamin B2: 0.66mg (39.03%), Fiber: 9.59g (38.38%), Vitamin E: 4.76mg (31.75%), Folate: 115.47µg (28.87%), Iron: 5.17mg (28.74%), Potassium: 962.21mg (27.49%), Vitamin B5: 2.12mg (21.22%), Vitamin B12: 0.95µg (15.86%), Vitamin B1: 0.22mg (14.55%), Calcium: 128.35mg (12.84%), Vitamin A: 609.81IU (12.2%), Vitamin K: 6.73µg (6.41%), Vitamin C: 4.64mg (5.63%)