



## Chicken and Rice Casserole

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 ounce onion soup mix french
- 4 chicken breast halves boneless skinless
- 1 cup rice white

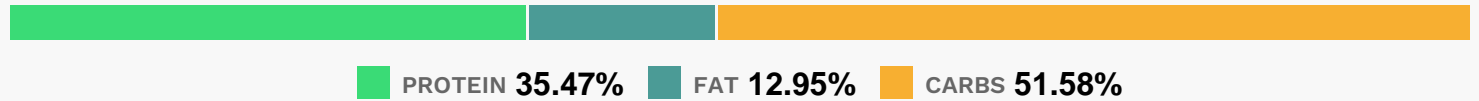
### Equipment

- oven
- casserole dish
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spread rice into a casserole dish.
- Lay chicken breasts onto the bed of rice.
- Sprinkle French onion soup mix over the chicken.
- Pour cream of mushroom soup over the chicken. Cover casserole dish with aluminum foil.
- Bake in preheated oven for 45 minutes.
- Remove aluminum foil and continue baking until the rice is tender and the chicken no longer pink in the center, about 15 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:15.3, Glycemic Load:22.26, Inflammation Score:-3, Nutrition Score:16.748695846485%

## Nutrients (% of daily need)

Calories: 364.87kcal (18.24%), Fat: 5.08g (7.82%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 44.33g (16.12%), Sugar: 0.39g (0.43%), Cholesterol: 76.13mg (25.38%), Sodium: 1242.76mg (54.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.64%), Vitamin B3: 13.32mg (66.58%), Selenium: 43.5µg (62.14%), Vitamin B6: 0.99mg (49.7%), Manganese: 0.8mg (39.79%), Phosphorus: 327.54mg (32.75%), Vitamin B5: 2.28mg (22.85%), Potassium: 618.39mg (17.67%), Copper: 0.31mg (15.48%), Zinc: 2.08mg (13.85%), Magnesium: 50.53mg (12.63%), Vitamin B2: 0.2mg (11.81%), Vitamin B1: 0.14mg (9.31%), Iron: 1.41mg (7.83%), Vitamin B12: 0.35µg (5.8%), Fiber: 1.22g (4.89%), Folate: 13.55µg (3.39%), Calcium: 31.78mg (3.18%), Vitamin C: 1.6mg (1.94%), Vitamin E: 0.27mg (1.83%)