



Chicken and Rice Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets
- 2 cloves garlic finely chopped
- 4 ounces dill havarti cheese diced
- 4 servings kosher salt and pepper freshly ground
- 2 cups chicken broth low-sodium
- 1 ounce parmesan cheese grated
- 1 plum tomatoes chopped
- 2 cups rotisserie chicken cut shredded skinless ()

- 4 scallions sliced
- 0.3 cup cup heavy whipping cream sour
- 2 tablespoons butter unsalted
- 1 cup rice medium-grain white

Equipment

- bowl
- frying pan
- oven
- whisk
- aluminum foil
- broiler

Directions

- Preheat the oven to 425 degrees F. Melt the butter in a large ovenproof skillet over medium heat.
- Add the garlic and about three-quarters of the scallions and cook, stirring occasionally, until soft, about 2 minutes.
- Add the broccoli, chicken, rice, tomato, 1 teaspoon salt, and pepper to taste; stir to combine.
- Whisk the chicken broth and sour cream in a bowl, pour into the skillet and bring to a simmer. Stir in half each of the havarti and parmesan. Cover tightly with a lid or aluminum foil, transfer to the oven and bake until the rice is tender and most of the liquid is absorbed, about 20 minutes.
- Turn on the broiler. Uncover the skillet and sprinkle with the remaining havarti and parmesan, then broil until golden, about 2 minutes.
- Sprinkle with the reserved scallions.
- Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:48.3, Glycemic Load:23.32, Inflammation Score:-8, Nutrition Score:24.603043431821%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 520.87kcal (26.04%), Fat: 21.73g (33.44%), Saturated Fat: 12g (74.98%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 42.97g (15.63%), Sugar: 2.18g (2.43%), Cholesterol: 116.94mg (38.98%), Sodium: 831.46mg (36.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.19g (74.39%), Vitamin K: 73.37µg (69.88%), Vitamin C: 45.7mg (55.4%), Selenium: 36.72µg (52.46%), Phosphorus: 516.06mg (51.61%), Vitamin B3: 9.85mg (49.27%), Manganese: 0.7mg (34.82%), Calcium: 312.81mg (31.28%), Vitamin B6: 0.47mg (23.52%), Vitamin A: 1095.56IU (21.91%), Vitamin B2: 0.36mg (21.44%), Zinc: 3.03mg (20.21%), Vitamin B5: 1.95mg (19.46%), Potassium: 633.27mg (18.09%), Folate: 68.62µg (17.16%), Magnesium: 56.67mg (14.17%), Vitamin B12: 0.84µg (14.05%), Copper: 0.27mg (13.41%), Vitamin B1: 0.16mg (10.54%), Fiber: 2.31g (9.26%), Iron: 1.62mg (9.01%), Vitamin E: 1.12mg (7.48%), Vitamin D: 0.22µg (1.44%)