



Chicken and Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce water chestnuts drained chopped canned
- ☐ 3 cups meat from a rotisserie chicken diced cooked
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 6 ounce rice long-grain wild cooked
- ☐ 29 ounce green beans drained and rinsed canned
- ☐ 1 cup mayonnaise
- ☐ 1 medium onion diced
- ☐ 4 ounce pimentos drained canned

- ☐ 1 pinch salt
- ☐ 1 cup sharp cheddar grated

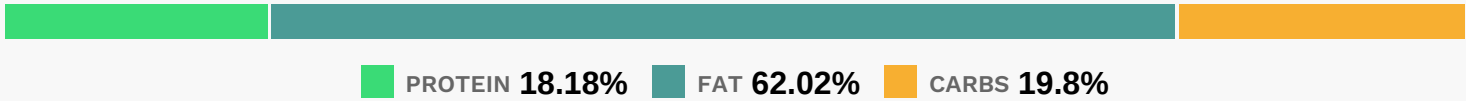
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix all ingredients together and pour into a greased 3-quart casserole dish.
- ☐ Bake for 20 to 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:2.73, Inflammation Score:-8, Nutrition Score:20.461304620556%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 448.05kcal (22.4%), Fat: 31.32g (48.18%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 17.44g (6.34%), Sugar: 6.37g (7.08%), Cholesterol: 69.45mg (23.15%), Sodium: 524.13mg (22.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.31%), Vitamin K: 98.41µg (93.73%), Vitamin C: 28.94mg (35.08%), Vitamin B3: 5.56mg (27.78%), Selenium: 19.44µg (27.77%), Vitamin A: 1375.03IU (27.5%), Vitamin B6: 0.53mg (26.44%), Phosphorus: 254.76mg (25.48%), Manganese: 0.45mg (22.34%), Fiber: 5.05g (20.21%), Vitamin B2: 0.31mg (18.23%), Calcium: 165.11mg (16.51%), Vitamin E: 2.37mg (15.79%), Iron: 2.8mg (15.55%), Potassium: 511.94mg (14.63%), Zinc: 2.16mg (14.39%), Magnesium: 54.15mg (13.54%), Folate: 53.35µg (13.34%), Vitamin B5: 1.31mg (13.12%), Copper: 0.24mg (11.88%), Vitamin B1: 0.16mg (10.51%), Vitamin B12: 0.35µg (5.85%)