



## Chicken and Rice Casserole



Gluten Free



Popular

READY IN



80 min.

SERVINGS



6

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2.5 pounds chicken thighs boneless skinless dry cut into 1 to 1 1/2 inch pieces, patted
- ☐ 6 servings salt and pepper
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 medium onion chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 pound button mushrooms sliced
- ☐ 0.3 cup white wine dry
- ☐ 1.3 cups chicken stock see (See Recipe Note)

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 cup rice long grain white uncooked
- ☐ 1.5 teaspoon salt
- ☐ 1 teaspoon seasoning and poultry seasoning italian (or 2 teaspoons of 1 of these herb mixes,)
- ☐ 0.5 teaspoon paprika
- ☐ 2 tablespoons parsley fresh chopped

## Equipment

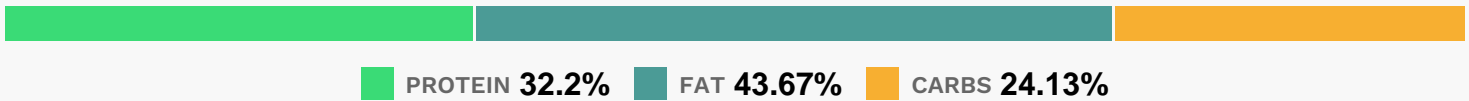
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 375°F.
- ☐ Heat 2 tablespoons of olive oil in a large sauté pan on medium high or high heat (hot enough to brown but not burn). Season the chicken pieces all over with salt and pepper.
- ☐ Working in batches, brown the chicken pieces on both sides, about 1 to 2 minutes per batch.
- ☐ Add a little more olive oil if needed with every batch.
- ☐ Remove chicken pieces and set aside in a bowl. The chicken does not have to be cooked through, only browned.
- ☐ Sauté the onions and garlic: In the same sauté pan add 1 tablespoon olive oil. Lower the heat to medium, add the onions, and cook until translucent, about 3 minutes.
- ☐ Add the garlic; cook 30 seconds more.
- ☐ Remove onions and garlic to a shallow 9x13 casserole dish.
- ☐ Sauté the mushrooms: Raise heat to medium high and add the sliced mushrooms. Dry sauté the mushrooms (don't add butter or oil), allowing them to brown lightly and release some of their moisture.

- ☐ Add the mushrooms to the casserole dish.
- ☐ Add 1/4 cup dry sherry or dry white wine to the pan to deglaze it, scraping off the browned bits from the bottom.
- ☐ (At this point, if you are making ahead, reduce the sherry to 1 tablespoon and pour off into the casserole dish. Refrigerate cooked onions, garlic, mushrooms, and browned chicken pieces until you are ready to make the casserole.)
- ☐ Let the sherry reduce to about 1 tablespoon, then add the chicken stock, and remove from heat. Stir in 1 1/2 teaspoons salt, the cream, and the sour cream.
- ☐ Add the uncooked rice to the casserole dish. Then pour the stock, sherry, cream, and sour cream mixture over the rice.
- ☐ Add the Italian and poultry seasonings (or fresh herbs) and paprika to the dish.
- ☐ Stir the rice, onion, mushroom, and herb mixture so that they are evenly distributed in the casserole dish.
- ☐ Place the chicken pieces on top of the rice mixture (in a single layer if you can, they will be crowded).
- ☐ Bake: Cover the casserole dish tightly with aluminum foil.
- ☐ Bake in a 375°F oven for 45 minutes and then remove foil.
- ☐ If the casserole still has too much liquid, let it cook a few minutes more, uncovered, until the excess liquid has evaporated away.
- ☐ Sprinkle with fresh parsley before serving.

## Nutrition Facts



## Properties

Glycemic Index:35.36, Glycemic Load:15.64, Inflammation Score:-6, Nutrition Score:23.849130402441%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 538.13kcal (26.91%), Fat: 25.45g (39.16%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 30.38g (11.05%), Sugar: 3.49g (3.88%), Cholesterol: 203.66mg (67.89%), Sodium: 1034.22mg (44.97%), Alcohol: 1.03g (100%), Alcohol %: 0.34% (100%), Protein: 42.23g (84.46%), Selenium: 53.35µg (76.21%), Vitamin B3: 13.36mg (66.82%), Vitamin B6: 1.02mg (51.17%), Phosphorus: 466.62mg (46.66%), Vitamin B2: 0.61mg (35.84%), Vitamin K: 36.66µg (34.91%), Vitamin B5: 3.28mg (32.79%), Zinc: 3.66mg (24.37%), Manganese: 0.47mg (23.37%), Potassium: 759.68mg (21.71%), Vitamin B12: 1.28µg (21.35%), Vitamin B1: 0.26mg (17.35%), Copper: 0.34mg (17.22%), Magnesium: 64.14mg (16.03%), Iron: 2.46mg (13.67%), Vitamin E: 1.97mg (13.13%), Vitamin A: 515.78IU (10.32%), Calcium: 67.32mg (6.73%), Folate: 26.85µg (6.71%), Vitamin C: 4.62mg (5.6%), Fiber: 1.25g (5.01%), Vitamin D: 0.23µg (1.56%)