



## Chicken-and-Wild Rice Casserole

READY IN



75 min.

SERVINGS



12

CALORIES



616 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2.3 oz almonds sliced
- 2 cups breadcrumbs fresh soft
- 0.3 cup butter
- 16 oz water chestnuts drained chopped canned
- 4 rib celery chopped
- 5 cups meat from a rotisserie chicken cooked chopped
- 21.5 oz cream of mushroom soup canned
- 1 cup milk
- 2 medium onions chopped

- 0.5 teaspoon pepper
- 12.4 oz fast-cooking and rice mix long-grain wild
- 0.5 teaspoon salt
- 16 oz cheddar cheese shredded divided
- 8 oz cup heavy whipping cream sour

## Equipment

- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350
- Bake almonds in a single layer in a shallow pan 4 to 6 minutes or until toasted and fragrant, stirring halfway through.
- Prepare rice mixes according to package directions.
- Meanwhile, melt butter in a large skillet over medium heat; add celery and onions. Saut 10 minutes or until tender. Stir in chicken, next 6 ingredients, rice, and 3 cups cheese. Spoon mixture into a lightly greased 15- x 10-inch baking dish or 2 (11- x 7-inch) baking dishes. Top with breadcrumbs.
- Bake at 350 for 35 minutes.
- Sprinkle with remaining 1 cup cheese, and top with toasted almonds.
- Bake 5 minutes.
- To Make Ahead: Prepare as directed in Steps 2 and Cover with aluminum foil, and freeze up to 1 month.
- Remove from freezer, and let stand at room temperature 1 hour. Toast almonds as directed in Step
- Bake casserole, covered, at 350 for 30 minutes. Uncover and bake 55 minutes to 1 hour and 15 minutes or until thoroughly heated.

- Sprinkle with 1 cup (4 oz.) shredded Cheddar cheese and toasted almonds.
- Bake 5 more minutes.
- Shrimp-and-Wild Rice Casserole: Substitute 2 lb. peeled and deveined, medium-size raw shrimp (4 1/50 count) for chicken; 2 cups (8 oz.) shredded Monterey Jack cheese and 2 cups grated Parmesan cheese for Cheddar cheese; and 1 cup dry white wine for milk.
- Cajun Chicken-and-Wild Rice Casserole: Omit salt and pepper. Reduce chicken to 2 1/2 cups. Prepare as directed, sauting 1 lb. andouille sausage, chopped, and 1 green bell pepper, diced, with celery in Step Stir 1 (15-oz.) can black-eyed peas, drained, and 1 tsp. Cajun seasoning into rice mixture. Proceed as directed.

## Nutrition Facts

■ **PROTEIN 21.77%**
■ **FAT 43.97%**
■ **CARBS 34.26%**

### Properties

Glycemic Index:18, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:23.077391189078%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

### Nutrients (% of daily need)

Calories: 616.42kcal (30.82%), Fat: 30.03g (46.2%), Saturated Fat: 14.12g (88.26%), Carbohydrates: 52.64g (17.55%), Net Carbohydrates: 48.7g (17.71%), Sugar: 5.35g (5.94%), Cholesterol: 107.85mg (35.95%), Sodium: 932.26mg (40.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.46g (66.91%), Selenium: 42.34µg (60.49%), Phosphorus: 442.59mg (44.26%), Vitamin B3: 8.79mg (43.95%), Manganese: 0.84mg (42.01%), Calcium: 382.24mg (38.22%), Vitamin B1: 0.54mg (36.26%), Folate: 124.86µg (31.22%), Vitamin B2: 0.51mg (29.73%), Zinc: 4.08mg (27.23%), Iron: 4.61mg (25.61%), Vitamin B6: 0.49mg (24.34%), Copper: 0.37mg (18.54%), Fiber: 3.94g (15.78%), Magnesium: 61.67mg (15.42%), Vitamin B12: 0.87µg (14.53%), Vitamin E: 2.16mg (14.42%), Vitamin A: 673.91IU (13.48%), Vitamin B5: 1.32mg (13.23%), Potassium: 462.41mg (13.21%), Vitamin K: 3.22µg (3.07%), Vitamin D: 0.45µg (3%), Vitamin C: 2.29mg (2.78%)