



## Chicken-and-Wild Rice Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



566 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2.5 ounce almonds sliced
- 0.5 cup butter
- 6 ounce water chestnuts drained sliced canned
- 1.5 cups chicken broth
- 3 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup flour all-purpose
- 1 tablespoon parsley fresh chopped
- 1.5 cups half-and-half
- 4.5 ounce mushrooms drained sliced

- 1 small onion chopped
- 0.5 teaspoon pepper
- 6.2 ounce fast-cooking and rice mix long-grain wild
- 1 teaspoon salt

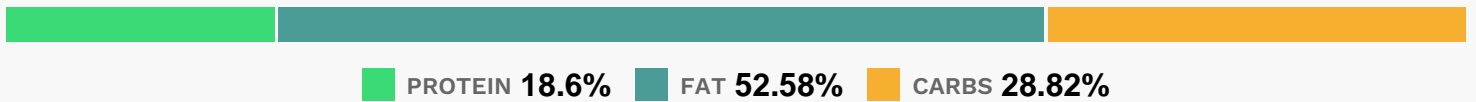
## Equipment

- oven
- baking pan
- dutch oven

## Directions

- Cook rice mix according to package directions; set aside.
- Melt butter in a Dutch oven over medium-high heat.
- Add onion, and saute until tender.
- Add flour, and cook, stirring constantly, 1 minute.
- Add broth, and cook, stirring constantly, 1 to 2 minutes or until mixture is thickened and bubbly.
- Stir in rice, chicken, and next 6 ingredients. Spoon into a lightly greased 11- x 7-inch baking dish. Top with almonds.
- Bake at 350 for 15 to 20 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:34.67, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:20.709999946148%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

## **Nutrients (% of daily need)**

Calories: 566.48kcal (28.32%), Fat: 33.29g (51.22%), Saturated Fat: 9.21g (57.59%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 37.29g (13.56%), Sugar: 5.3g (5.89%), Cholesterol: 74.85mg (24.95%), Sodium: 881.82mg (38.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.99%), Selenium: 34.9µg (49.85%), Vitamin B3: 9.45mg (47.27%), Manganese: 0.73mg (36.38%), Phosphorus: 326.41mg (32.64%), Vitamin B2: 0.53mg (31.23%), Vitamin B1: 0.44mg (29.35%), Folate: 110.22µg (27.55%), Vitamin E: 4.03mg (26.88%), Vitamin B6: 0.48mg (24.03%), Iron: 4.02mg (22.34%), Vitamin A: 978.12IU (19.56%), Copper: 0.36mg (17.75%), Zinc: 2.47mg (16.49%), Magnesium: 65.02mg (16.26%), Fiber: 3.75g (15.02%), Vitamin B5: 1.48mg (14.81%), Potassium: 501.55mg (14.33%), Calcium: 127.08mg (12.71%), Vitamin K: 12.17µg (11.59%), Vitamin B12: 0.36µg (5.95%), Vitamin C: 3.35mg (4.06%)