



Chicken and Wild Rice Casserole

 Gluten Free

READY IN



150 min.

SERVINGS



10

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce mushrooms drained sliced canned
- ☐ 1 cup celery chopped
- ☐ 3 pounds chicken breast halves bone-in with skin
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 teaspoon curry powder
- ☐ 1 cup cooking wine dry white
- ☐ 1 onion sliced
- ☐ 12 ounce rice mix long grain wild

- ☐ 1.5 teaspoons salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 cup water

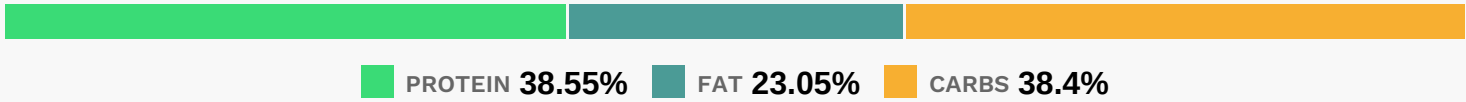
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Place chicken breasts in a large pot with water, wine, salt, curry powder, onion, and celery. Cover, and bring to a boil. Reduce heat to low, and simmer for 1 hour.
- ☐ Remove from heat, strain (reserving broth), and refrigerate to cool.
- ☐ Remove chicken meat from bone, and cut into bite size pieces.
- ☐ Prepare the rice mix according to package directions. Replace the specified amount of liquid with the same amount of the reserved broth.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ In a large bowl combine the chicken, rice, and mushrooms. Blend in the sour cream and soup. Spoon into the prepared baking dish.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:16.74, Inflammation Score:-5, Nutrition Score:19.448695555977%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin:

0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 380.91kcal (19.05%), Fat: 9.13g (14.05%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 32.22g (11.72%), Sugar: 2.72g (3.03%), Cholesterol: 102.18mg (34.06%), Sodium: 935.36mg (40.67%), Alcohol: 2.47g (100%), Alcohol %: 0.92% (100%), Protein: 34.36g (68.72%), Vitamin B3: 15.83mg (79.17%), Selenium: 51.55µg (73.64%), Vitamin B6: 1.16mg (57.96%), Phosphorus: 391.77mg (39.18%), Manganese: 0.59mg (29.28%), Vitamin B5: 2.84mg (28.36%), Potassium: 730.79mg (20.88%), Magnesium: 60.49mg (15.12%), Copper: 0.3mg (14.89%), Vitamin B2: 0.23mg (13.65%), Zinc: 1.97mg (13.13%), Vitamin B1: 0.17mg (11.27%), Iron: 1.53mg (8.52%), Fiber: 2.01g (8.03%), Vitamin B12: 0.37µg (6.15%), Folate: 23.4µg (5.85%), Calcium: 56.38mg (5.64%), Vitamin A: 231.65IU (4.63%), Vitamin K: 3.95µg (3.76%), Vitamin C: 2.99mg (3.62%), Vitamin E: 0.46mg (3.08%), Vitamin D: 0.23µg (1.51%)