



Chicken and Wild Rice Casserole

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter
- 0.5 cup onion chopped
- 3 tablespoons flour all-purpose
- 1.5 cups water
- 2 tablespoons sherry dry
- 6.2 oz cooking spoons of blended tatashe-pepper mix long-grain wild
- 18 oz chicken breast strips/pre-cooked/chopped diced frozen thawed cooked
- 8 slices sandwich bread white cut into 1/2-inch cubes (4 cups)

- 1 cup almonds sliced
- 0.3 cup butter melted
- 1 serving parsley fresh chopped
- 3 cups frangelico

Equipment

- bowl
- sauce pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 3-quart saucepan, melt 3 tablespoons butter over medium heat. Cook onion in butter 2 to 3 minutes, stirring occasionally, until crisp-tender but not brown.
- Stir in flour, mixing well. Stir in half-and-half, water, sherry and seasoning packet from rice mix. Cook 5 to 6 minutes, stirring constantly, until bubbly. Stir in rice and chicken. Cook 3 to 4 minutes, stirring frequently, until mixture is thickened.
- Pour into baking dish.
- Meanwhile, in large bowl, toss bread cubes and almonds with 1/4 cup melted butter, using spoon.
- Sprinkle evenly over casserole.
- Bake uncovered 20 to 30 minutes or until topping is golden brown.
- Let stand 5 minutes before serving.
- Sprinkle with parsley.

Nutrition Facts



PROTEIN 28.82% FAT 47.69% CARBS 23.49%

Properties

Glycemic Index:34.85, Glycemic Load:11.59, Inflammation Score:-8, Nutrition Score:16.290434751822%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 359.64kcal (17.98%), Fat: 19.01g (29.24%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 17.91g (6.51%), Sugar: 2.31g (2.56%), Cholesterol: 54.22mg (18.07%), Sodium: 296.44mg (12.89%), Alcohol: 0.39g (100%), Alcohol %: 0.25% (100%), Protein: 25.84g (51.69%), Vitamin B3: 10.82mg (54.09%), Selenium: 24.97µg (35.67%), Vitamin A: 1613.3IU (32.27%), Manganese: 0.51mg (25.62%), Phosphorus: 251.7mg (25.17%), Vitamin E: 3.56mg (23.74%), Vitamin B6: 0.46mg (22.96%), Vitamin B2: 0.3mg (17.92%), Vitamin B1: 0.25mg (16.69%), Magnesium: 64.63mg (16.16%), Iron: 2.33mg (12.95%), Fiber: 3.15g (12.62%), Folate: 49.7µg (12.43%), Copper: 0.22mg (10.85%), Calcium: 107.53mg (10.75%), Potassium: 351.64mg (10.05%), Zinc: 1.37mg (9.11%), Vitamin B5: 0.88mg (8.78%), Vitamin K: 8.5µg (8.1%), Vitamin C: 3.71mg (4.5%), Vitamin B12: 0.23µg (3.82%)