



## Chicken and Wild Rice Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



549 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup almonds sliced
- 0.3 cup butter melted
- 3 tablespoons butter
- 18 oz chicken breast strips/pre-cooked/chopped diced frozen thawed cooked
- 2 tablespoons sherry dry
- 3 tablespoons flour all-purpose
- 8 servings parsley fresh chopped
- 3 cups half and half
- 0.5 cup onion chopped

- 6.2 oz quick-cooking brown rice long-grain wild
- 1.5 cups water
- 8 slices sandwich bread white cut into 1/2-inch cubes ( 4 cups)

## Equipment

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

## Directions

- Heat oven to 350F. 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 21.8%** **FAT 48.69%** **CARBS 29.51%**

## Properties

Glycemic Index:29.22, Glycemic Load:10.68, Inflammation Score:-8, Nutrition Score:23.6026086885%

## 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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

## Nutrients (% of daily need)

Calories: 549.21kcal (27.46%), Fat: 29.56g (45.48%), Saturated Fat: 9.77g (61.09%), Carbohydrates: 40.31g (13.44%), Net Carbohydrates: 37.51g (13.64%), Sugar: 6.1g (6.77%), Cholesterol: 85.98mg (28.66%), Sodium: 345.62mg (15.03%), Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 29.77g (59.55%), Vitamin K: 67.11µg (63.91%), Vitamin B3: 12.23mg (61.14%), Selenium: 35.96µg (51.38%), Phosphorus: 352.91mg (35.29%), Manganese: 0.68mg (34.09%), Vitamin B1: 0.46mg (30.48%), Folate: 111.79µg (27.95%), Vitamin B2: 0.47mg (27.75%), Vitamin B6: 0.51mg (25.67%), Vitamin E: 3.82mg (25.49%), Vitamin A: 1113.71IU (22.27%), Iron: 3.77mg (20.94%), Calcium: 208.8mg (20.88%), Magnesium: 73.26mg (18.31%), Zinc: 1.97mg (13.15%), Potassium: 450.18mg (12.86%), Copper: 0.25mg (12.45%), Vitamin B5: 1.21mg (12.13%), Fiber: 2.81g (11.23%), Vitamin C: 6.9mg (8.37%), Vitamin B12: 0.4µg (6.69%)