



Chicken-And-Wild Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 21 ounce chicken broth low-sodium canned
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 0.7 cup salad dressing italian
- ☐ 8 ounce mushrooms fresh
- ☐ 6.2 ounce quick-cooking brown rice long-grain wild
- ☐ 8 ounce cream sour

Equipment

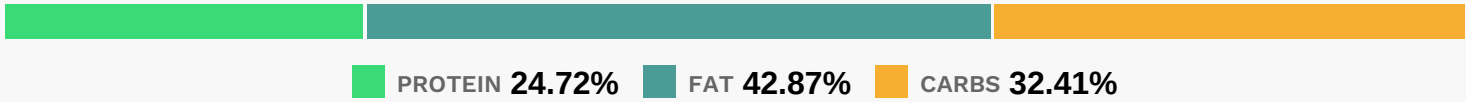
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook rice in a large saucepan according to package directions, using 2 cans chicken broth instead of water.
- ☐ Add mushrooms before the last 5 minutes.
- ☐ Stir in chicken, dressing, and sour cream; spoon into a lightly greased 2-quart baking dish.
- ☐ Bake at 325 for 30 minutes or until thoroughly heated.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:15.354782695356%

Nutrients (% of daily need)

Calories: 389.92kcal (19.5%), Fat: 18.48g (28.43%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.51g (11.1%), Sugar: 5g (5.56%), Cholesterol: 74.8mg (24.93%), Sodium: 358.09mg (15.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.98g (47.96%), Vitamin B3: 10.36mg (51.81%), Selenium: 33.55µg (47.93%), Phosphorus: 263.89mg (26.39%), Vitamin B1: 0.36mg (23.87%), Folate: 92.75µg (23.19%), Vitamin B2: 0.36mg (20.96%), Vitamin B6: 0.4mg (20.21%), Iron: 3.18mg (17.69%), Manganese: 0.33mg (16.52%), Vitamin B5: 1.5mg (15%), Vitamin K: 15.22µg (14.49%), Copper: 0.27mg (13.72%), Zinc: 1.92mg (12.81%), Potassium: 442.93mg (12.66%), Magnesium: 28.28mg (7.07%), Vitamin B12: 0.4µg (6.61%), Calcium: 61.52mg (6.15%), Vitamin A: 273.59IU (5.47%), Vitamin E: 0.73mg (4.87%), Fiber: 0.93g (3.74%), Vitamin C: 1.24mg (1.5%)