



Chicken Bake and Rice

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



862 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 21.5 ounce cream of mushroom soup canned
- 8 ounce cream cheese
- 2 tablespoons dressing mix italian-style
- 4 chicken breast halves boneless skinless
- 2 cups rice white uncooked
- 0.7 cup white wine

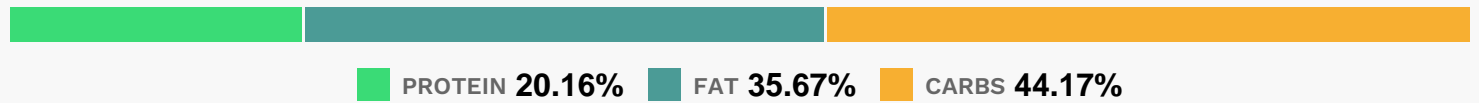
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Brown the chicken breasts in the butter or margarine and 1 tablespoon of the Italian-style dressing mix.
- Place browned chicken breasts in a 9x13 inch baking dish.
- Mix together the cream cheese and soup and stir in the wine.
- Pour mixture over the chicken, and bake in the preheated oven for 45 to 60 minutes. Meanwhile, prepare the rice according to package directions, using the remaining dressing mix in the cooking water.
- Serve the hot rice and chicken together.

Nutrition Facts



Properties

Glycemic Index:38.3, Glycemic Load:45.52, Inflammation Score:-7, Nutrition Score:24.675652488418%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 861.68kcal (43.08%), Fat: 32.38g (49.81%), Saturated Fat: 17.69g (110.54%), Carbohydrates: 90.22g (30.07%), Net Carbohydrates: 88.71g (32.26%), Sugar: 2.63g (2.92%), Cholesterol: 152.26mg (50.75%), Sodium: 2003.61mg (87.11%), Alcohol: 4.12g (100%), Alcohol %: 1.11% (100%), Protein: 41.17g (82.34%), Selenium: 55.11µg (78.73%), Manganese: 1.53mg (76.68%), Vitamin B3: 14.73mg (73.68%), Vitamin B6: 1.11mg (55.55%), Phosphorus: 457.41mg (45.74%), Vitamin B5: 3.19mg (31.87%), Copper: 0.55mg (27.53%), Zinc: 3.68mg (24.52%), Potassium: 821.39mg (23.47%), Vitamin B2: 0.39mg (22.86%), Vitamin A: 970.3IU (19.41%), Magnesium: 72.41mg (18.1%), Iron: 2.4mg (13.31%), Vitamin B1: 0.18mg (12.2%), Vitamin B12: 0.61µg (10.11%), Calcium: 97.92mg (9.79%), Folate: 28.3µg

(7.07%), Vitamin E: 0.97mg (6.44%), Fiber: 1.51g (6.03%), Vitamin K: 2.16µg (2.06%), Vitamin C: 1.36mg (1.64%)