



Chicken Casserole D'Iberville

READY IN



130 min.

SERVINGS



16

CALORIES



575 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.5 cup butter
- ☐ 1.5 cups round buttery crackers crushed
- ☐ 2 celery stalks
- ☐ 6 pound roasting chickens whole
- ☐ 8 ounce cream sour
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.5 teaspoon curry powder
- ☐ 1 cup sherry dry

- ☐ 6 ounce fried onions crushed canned
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 cup spring onion chopped
- ☐ 16 ounce mushrooms sliced
- ☐ 1 onion quartered
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 12 ounce rice long-grain wild
- ☐ 1.5 teaspoons salt
- ☐ 1 cup water

Equipment

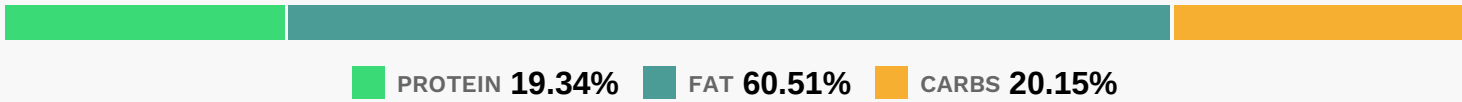
- ☐ oven
- ☐ sieve
- ☐ loaf pan
- ☐ casserole dish
- ☐ aluminum foil
- ☐ wax paper
- ☐ microwave
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Bring first 9 ingredients to a boil in a large Dutch oven; reduce heat, cover, and simmer 1 hour or until chicken is done.
- ☐ Remove chicken, reserving broth in Dutch oven.
- ☐ Let chicken cool.

- ☐ Pour broth through a fine wire mesh strainer into an 8-cup liquid measuring cup; discard solids.
- ☐ Cook rice according to package directions, substituting 4 1/4 cups reserved chicken broth for water and omitting butter. (
- ☐ Add water to broth to equal 4 1/4 cups, if necessary.)
- ☐ Skin, bone, and coarsely chop or shred chicken.
- ☐ Melt 1/2 cup butter in a large Dutch oven over medium heat; add mushrooms and green onions, and saut 10 minutes or until tender. Stir in rice, chicken, sour cream, and soup. Spoon mixture into 8 (2-cup) casserole dishes, 8 (5 1/2- x 3 1/2- x 2-inch) mini-loaf pans, 3 (8-inch or 9-inch) square baking dishes, or 1 (4-quart or 15- x 10-inch) casserole dish.
- ☐ Stir together crushed crackers and fried onions. Stir in 1/4 cup melted butter, paprika, and garlic powder.
- ☐ Sprinkle casserole evenly with cracker mixture.
- ☐ Bake, covered, at 350 for 20 to 30 minutes. Uncover and bake 5 to 10 more minutes or until bubbly.
- ☐ To make ahead: Cover casseroles tightly with foil, and freeze unbaked up to 1 month. Thaw overnight in refrigerator.
- ☐ Bake as directed. (Casserole may also be baked frozen. Plan to double the baking times.)
- ☐ To microwave one frozen, unbaked 8-inch square casserole: Casserole must be in a microwave-safe dish. Cover dish with wax paper. Microwave at HIGH 15 to 16 minutes or until casserole is bubbly, giving dish a half-turn once.
- ☐ To microwave one thawed, unbaked 8-inch square casserole: Follow directions to microwave a frozen, unbaked casserole, reducing microwave time to 7 to 8 minutes.
- ☐ Kitchen Express: Use 2 deli-roasted chickens (about 2 pounds each) in place of boiled chickens. Use 1 cup dry sherry and 3 1/4 cups (26 ounces) canned chicken broth to cook rice.

Nutrition Facts



Properties

Glycemic Index:15.69, Glycemic Load:8.69, Inflammation Score:-8, Nutrition Score:18.5808696695%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 574.6kcal (28.73%), Fat: 37.8g (58.16%), Saturated Fat: 11.49g (71.79%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 26.22g (9.53%), Sugar: 2.63g (2.92%), Cholesterol: 116.1mg (38.7%), Sodium: 687.79mg (29.9%), Alcohol: 1.54g (100%), Alcohol %: 0.7% (100%), Protein: 27.18g (54.36%), Vitamin B3: 10.96mg (54.81%), Phosphorus: 363.07mg (36.31%), Vitamin A: 1601.42IU (32.03%), Vitamin B6: 0.55mg (27.5%), Selenium: 18.53µg (26.47%), Vitamin B2: 0.45mg (26.25%), Manganese: 0.47mg (23.28%), Zinc: 3.36mg (22.38%), Vitamin B12: 1.31µg (21.86%), Vitamin B5: 2.05mg (20.54%), Magnesium: 71.92mg (17.98%), Folate: 69.45µg (17.36%), Copper: 0.34mg (16.82%), Vitamin K: 16.99µg (16.18%), Iron: 2.85mg (15.81%), Potassium: 519.06mg (14.83%), Vitamin B1: 0.16mg (10.75%), Fiber: 2.1g (8.41%), Vitamin C: 5.43mg (6.59%), Vitamin E: 0.82mg (5.45%), Calcium: 53.71mg (5.37%)