



Chicken Cordon Bleu and Rice Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup carrots shredded
- 2 tablespoons butter
- 12 oz cooking spoons of blended tatashe-pepper mix wild
- 4 cups water boiling
- 2.5 lb chicken breast boneless skinless
- 4 slices finely-chopped ham cooked cut in half (1/)
- 4 oz swiss cheese cut in half

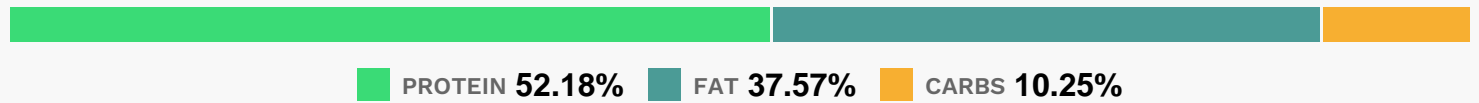
Equipment

- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (2-quart) glass baking dish with cooking spray. In baking dish, stir together carrots, butter and rice mix and water. Arrange chicken on rice mixture. Top each breast with ham.
- Cover tightly with foil; bake 55 to 60 minutes or until liquid is absorbed and juice of chicken is clear when center of thickest part is cut (170°F).
- Place cheese on ham.
- Bake uncovered 3 to 4 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:23.736956645613%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 297.1kcal (14.85%), Fat: 12.21g (18.78%), Saturated Fat: 4.25g (26.58%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 5.34g (1.94%), Sugar: 0.76g (0.84%), Cholesterol: 114.12mg (38.04%), Sodium: 422.3mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.15g (76.31%), Vitamin A: 5117.71IU (102.35%), Vitamin B3: 15.98mg (79.9%), Selenium: 52.58µg (75.12%), Vitamin B6: 1.17mg (58.53%), Phosphorus: 451.41mg (45.14%), Vitamin B5: 2.32mg (23.19%), Potassium: 716.69mg (20.48%), Vitamin B2: 0.26mg (15.57%), Calcium: 154.59mg (15.46%), Vitamin B1: 0.23mg (15.28%), Vitamin B12: 0.91µg (15.21%), Magnesium: 57.89mg (14.47%), Zinc: 2mg (13.3%), Vitamin C: 10.34mg (12.53%), Fiber: 2.15g (8.6%), Manganese: 0.16mg (7.76%), Copper: 0.13mg (6.33%), Iron: 1.11mg (6.19%), Folate: 22.77µg (5.69%), Vitamin E: 0.57mg (3.79%), Vitamin K: 2.59µg (2.47%)