



Chicken Cordon Bleu and Rice Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1 cup carrots shredded
- 4 slices finely-chopped ham cooked cut in half (1/)
- 12 oz quick-cooking brown rice wild
- 2.5 lb chicken breast boneless skinless
- 4 oz swiss cheese cut in half
- 4 cups water boiling

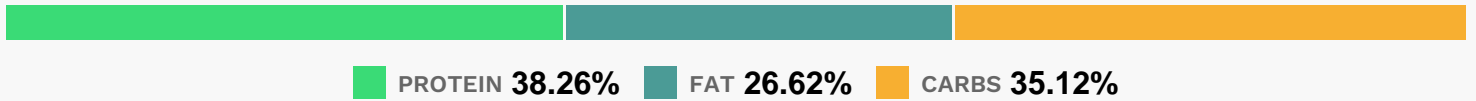
Equipment

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

Directions

- Heat oven to 350F. 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 (170F).
- Place cheese on ham.
- Bake uncovered 3 to 4 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9.23, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:26.616956677126%

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: 431.48kcal (21.57%), Fat: 12.39g (19.06%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 35.52g (12.92%), Sugar: 0.78g (0.87%), Cholesterol: 114.12mg (38.04%), Sodium: 406.56mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.06g (80.13%), Selenium: 68.23µg (97.48%), Vitamin B3: 18.43mg (92.14%), Vitamin A: 2958.33IU (59.17%), Vitamin B6: 1.18mg (59.09%), Phosphorus: 476.5mg (47.65%), Vitamin B1: 0.57mg (38.08%), Folate: 127.38µg (31.85%), Vitamin B5: 2.43mg (24.33%), Manganese: 0.47mg (23.51%), Iron: 3.39mg (18.83%), Potassium: 638.02mg (18.23%), Zinc: 2.41mg (16.08%), Calcium: 153.32mg (15.33%), Vitamin B12: 0.91µg (15.21%), Vitamin B2: 0.24mg (14.15%), Magnesium: 53.63mg (13.41%), Copper: 0.16mg (8.11%), Vitamin C: 5.91mg (7.17%), Fiber: 1.26g (5.02%), Vitamin E: 0.59mg (3.9%), Vitamin K: 2.64µg (2.51%)