



Chicken, Mushroom and Wild Rice Bake

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6.2 oz suya seasoning mix (long-grain wild with seasoning packet)
- 1.8 cups chicken broth (from 32-oz carton)
- 2 tablespoons vegetable oil
- 8 oz mushrooms (fresh)
- 1 cup onion (chopped)
- 10.8 oz cream of chicken soup (with herbs soup canned)
- 0.8 cup milk
- 0.5 cup cream (sour)

- 1 teaspoon thyme sprigs fresh chopped
- 3 cups roasted chicken cooked chopped
- 0.5 cup almonds toasted sliced

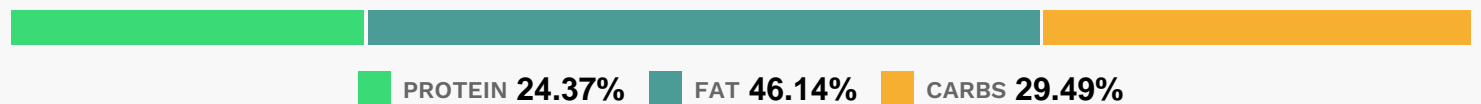
Equipment

- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 325°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cook rice as directed on package, using broth for liquid.
- Let stand 5 minutes.
- Meanwhile, in 12-inch skillet, heat oil over medium-high heat. Cook mushrooms and onion in oil 5 minutes, stirring occasionally, until onion is tender. Stir in soup, milk, sour cream and thyme until blended. Stir in chicken and cooked rice. Spoon mixture into baking dish.
- Sprinkle with almonds.
- Bake uncovered 30 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:34.776521630909%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 404.39kcal (20.22%), Fat: 22.18g (34.13%), Saturated Fat: 6.11g (38.19%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 17.61g (6.41%), Sugar: 6.1g (6.78%), Cholesterol: 72.9mg (24.3%), Sodium: 691.27mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.36g (52.73%), Vitamin K: 193.03µg (183.84%), Manganese: 1.78mg (88.81%), Iron: 12.82mg (71.2%), Calcium: 572.2mg (57.22%), Fiber: 14.29g (57.15%), Vitamin E: 8.08mg (53.88%), Vitamin B3: 8.95mg (44.77%), Vitamin B2: 0.64mg (37.87%), Selenium: 25.03µg (35.76%), Vitamin B6: 0.7mg (35.11%), Magnesium: 129.39mg (32.35%), Phosphorus: 319.09mg (31.91%), Copper: 0.52mg (25.79%), Potassium: 853.71mg (24.39%), Folate: 90.11µg (22.53%), Vitamin B5: 1.87mg (18.68%), Zinc: 2.72mg (18.15%), Vitamin A: 806.08IU (16.12%), Vitamin B1: 0.2mg (13.06%), Vitamin B12: 0.44µg (7.28%), Vitamin C: 4.2mg (5.09%), Vitamin D: 0.41µg (2.74%)