



Chicken-Rice Casserole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 0.5 cup celery chopped
- ☐ 6 skinned chicken breast halves bone-in
- ☐ 10.8 ounce cream of mushroom soup undiluted reduced-sodium reduced-fat canned
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup onion chopped

- ☐ 0.5 teaspoon pepper
- ☐ 1 cup regular rice uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

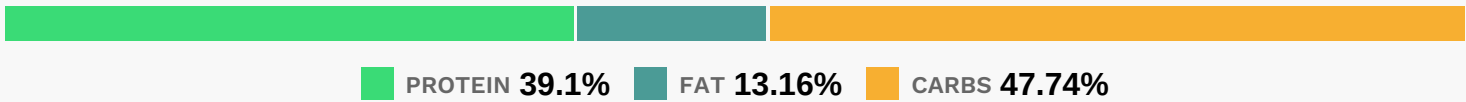
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saute first 3 ingredients in a large nonstick skillet coated with vegetable cooking spray over medium heat 5 minutes or until tender.
- ☐ Add mushrooms, and saute 2 minutes. Stir in rice, next 4 ingredients, and, if desired, sherry; spoon into a lightly greased 13- x 9-inch baking dish. Top with chicken.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Bake, covered, at 350 for 1 hour or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:41.03, Glycemic Load:15.42, Inflammation Score:-5, Nutrition Score:20.432173687479%

Flavonoids

Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 316.62kcal (15.83%), Fat: 4.56g (7.01%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 34.49g (12.54%), Sugar: 2.66g (2.96%), Cholesterol: 74.86mg (24.95%), Sodium: 703.25mg (30.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.97%), Vitamin B3: 14.38mg (71.92%), Selenium: 44.97µg (64.24%), Vitamin B6: 1.08mg (53.96%), Vitamin K: 35.95µg (34.24%), Phosphorus: 338.24mg (33.82%), Manganese: 0.64mg (32.12%), Vitamin B5: 2.71mg (27.14%), Potassium: 756.27mg (21.61%), Copper: 0.4mg (19.96%), Vitamin B2: 0.33mg (19.7%), Zinc: 2.03mg (13.54%), Magnesium: 50.6mg (12.65%), Fiber: 2.73g (10.93%), Iron: 1.91mg (10.63%), Vitamin B1: 0.15mg (9.99%), Vitamin C: 6.63mg (8.04%), Folate: 27.76µg (6.94%), Vitamin B12: 0.32µg (5.37%), Vitamin A: 241.31IU (4.83%), Vitamin E: 0.59mg (3.93%), Calcium: 31.23mg (3.12%), Vitamin D: 0.19µg (1.26%)