



Chicken-Rice Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1.5 cups milk
- ☐ 1 cup chicken broth
- ☐ 2 cups roasted chicken cooked
- ☐ 1.5 cups rice white cooked
- ☐ 1 cup mushrooms sliced

- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup slivered almonds
- ☐ 2 tablespoons pimientos chopped

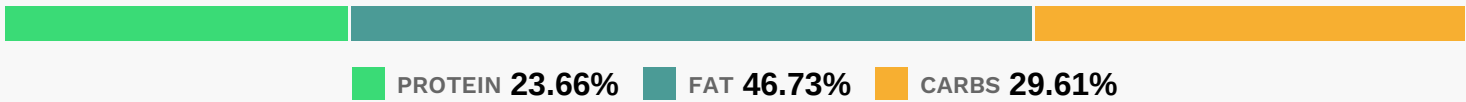
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°.
- ☐ Melt margarine in 2-quart saucepan over medium heat. Stir in flour, salt and pepper. Cook, stirring constantly, until bubbly; remove from heat. Stir in milk and broth.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in remaining ingredients.
- ☐ Pour into ungreased 2-quart casserole or square baking dish, 8x8x2 inches.
- ☐ Bake uncovered 40 to 45 minutes or until bubbly.
- ☐ Garnish with parsley sprig if desired.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:17.15, Inflammation Score:-6, Nutrition Score:11.883913149004%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 294.25kcal (14.71%), Fat: 15.25g (23.47%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 20.41g (7.42%), Sugar: 4.02g (4.47%), Cholesterol: 43.1mg (14.37%), Sodium: 585.85mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Selenium: 19.8µg (28.28%), Vitamin B3: 5.22mg (26.08%), Phosphorus: 217.61mg (21.76%), Vitamin B2: 0.34mg (20.03%), Manganese: 0.39mg (19.66%), Vitamin B6: 0.32mg (16.19%), Vitamin C: 12.21mg (14.8%), Vitamin A: 620.7IU (12.41%), Vitamin B5: 1.15mg (11.47%), Vitamin B1: 0.16mg (10.85%), Vitamin E: 1.59mg (10.57%), Calcium: 104.15mg (10.42%), Zinc: 1.48mg (9.84%), Magnesium: 38.91mg (9.73%), Potassium: 339.26mg (9.69%), Copper: 0.18mg (8.84%), Vitamin B12: 0.49µg (8.14%), Iron: 1.38mg (7.66%), Folate: 22.21µg (5.55%), Fiber: 1.33g (5.34%), Vitamin D: 0.7µg (4.69%), Vitamin K: 1.39µg (1.33%)