

Chicken Risotto

READY IN



45 min.

SERVINGS



4

CALORIES



695 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups chicken broth
- ☐ 4 chicken thighs
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 tablespoon onion dried minced
- ☐ 3 tablespoons bread crumbs dry italian-style
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 cup mushrooms fresh sliced
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons bell pepper green chopped

- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 cups rice white uncooked

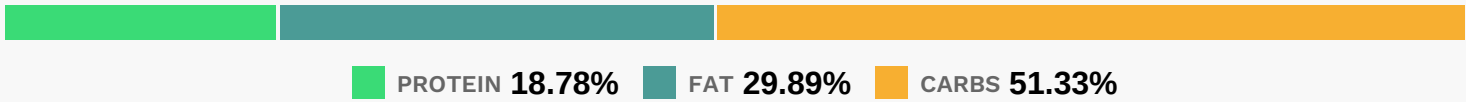
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a large bowl, combine the rice, mushroom soup, chicken broth, mushrooms, green bell pepper, basil, onion, oregano, garlic, ground black pepper and 1/4 cup cheese. Stir until all ingredients are well mixed.
- ☐ Pour this mixture into a 9x13 inch baking dish.
- ☐ Place the chicken on top of the mixture and cover with foil. In a separate small bowl, combine the bread crumbs and remaining cheese and set aside.
- ☐ Bake at 325 degrees F (165 degrees C) for 1 hour, remove from oven, uncover and sprinkle with the reserved bread crumb mixture. Return to oven and bake, uncovered, for 20 more minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:60.05, Glycemic Load:44.94, Inflammation Score:-6, Nutrition Score:21.639130670091%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 694.68kcal (34.73%), Fat: 22.69g (34.91%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 87.67g (29.22%), Net Carbohydrates: 85.23g (30.99%), Sugar: 2.19g (2.43%), Cholesterol: 119.07mg (39.69%), Sodium: 1168.59mg (50.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.17%), Manganese: 1.51mg (75.41%), Selenium: 40.98µg (58.54%), Vitamin B3: 9.13mg (45.63%), Phosphorus: 370.51mg (37.05%), Vitamin B6: 0.67mg (33.6%), Copper: 0.55mg (27.66%), Vitamin B5: 2.69mg (26.95%), Vitamin B2: 0.45mg (26.7%), Zinc: 3.77mg (25.1%), Vitamin B1: 0.3mg (19.72%), Potassium: 600.61mg (17.16%), Iron: 2.92mg (16.24%), Vitamin B12: 0.94µg (15.64%), Magnesium: 62.06mg (15.52%), Vitamin K: 12.97µg (12.35%), Calcium: 98.18mg (9.82%), Fiber: 2.44g (9.77%), Folate: 33.21µg (8.3%), Vitamin C: 6.16mg (7.47%), Vitamin A: 218.06IU (4.36%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.17µg (1.16%)