



Chicken, Seasoned Rice and Vegetable Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



307 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 6 servings paprika
- ☐ 6 ounce seasoned and rice mix long-grain wild
- ☐ 1 cup cheddar cheese shredded
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 16 ounce vegetable combination frozen (broccoli, carrots, water chestnuts)
- ☐ 1 cup water

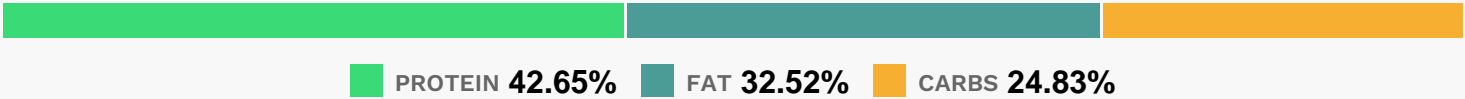
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir the soup, water, rice and seasoning packet, vegetables and half the cheese in a 3-quart shallow baking dish. Top with the chicken.
- ☐ Sprinkle the chicken with the paprika. Cover the baking dish.
- ☐ Bake at 375 degrees F. for 1 hour or until the chicken is cooked through and the rice is tender. Uncover the dish and sprinkle with the remaining cheese.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:19.079999923706%

Nutrients (% of daily need)

Calories: 306.81kcal (15.34%), Fat: 10.89g (16.75%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 14.96g (5.44%), Sugar: 3.18g (3.54%), Cholesterol: 93.95mg (31.32%), Sodium: 627.8mg (27.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.25%), Vitamin B3: 12.92mg (64.6%), Selenium: 42.72µg (61.02%), Vitamin B6: 1.11mg (55.65%), Phosphorus: 369.22mg (36.92%), Vitamin A: 1207.81IU (24.16%), Vitamin B5: 2.01mg (20.07%), Potassium: 683.34mg (19.52%), Manganese: 0.34mg (17.02%), Vitamin B2: 0.28mg (16.49%), Zinc: 2.45mg (16.31%), Calcium: 152.85mg (15.29%), Fiber: 3.75g (14.99%), Copper: 0.28mg (13.93%), Iron: 2.26mg (12.58%), Magnesium: 48.41mg (12.1%), Vitamin E: 1.53mg (10.19%), Vitamin B12: 0.51µg (8.46%), Vitamin B1: 0.11mg (7.18%), Folate: 19.83µg (4.96%), Vitamin C: 2.89mg (3.5%), Vitamin K: 2.51µg (2.39%), Vitamin D: 0.23µg (1.51%)