



Chicken with Rice and Mushrooms

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 oz cream of mushroom soup canned
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup parmesan shredded
- ☐ 1 cup peas sweet frozen
- ☐ 0.8 cup rice long-grain white uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 lb chicken breast halves boneless skinless
- ☐ 0.8 cup water

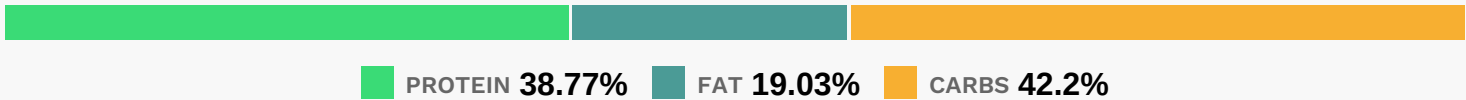
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375F.
- ☐ In ungreased 2-quart baking dish, mix all ingredients except chicken and Parmesan cheese. Cover; bake 15 minutes. Uncover and stir rice mixture.
- ☐ Place chicken pieces on top of rice.
- ☐ Cover and bake about 30 minutes longer or until rice is tender and juice of chicken is clear when center of thickest part is cut (170F).
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:18.16, Inflammation Score:-5, Nutrition Score:21.529565176238%

Nutrients (% of daily need)

Calories: 387.88kcal (19.39%), Fat: 7.99g (12.29%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 37.06g (13.48%), Sugar: 2.15g (2.39%), Cholesterol: 83.2mg (27.73%), Sodium: 1432.63mg (62.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.26%), Vitamin B3: 14.31mg (71.53%), Selenium: 43.59µg (62.27%), Vitamin B6: 1.02mg (51.23%), Manganese: 0.94mg (47.18%), Phosphorus: 397.75mg (39.77%), Vitamin B5: 2.28mg (22.78%), Copper: 0.44mg (21.84%), Potassium: 716.13mg (20.46%), Zinc: 3.07mg (20.45%), Vitamin C: 15.86mg (19.23%), Vitamin B2: 0.28mg (16.22%), Magnesium: 62.46mg (15.62%), Vitamin B1: 0.22mg (14.76%), Iron: 2.19mg (12.16%), Fiber: 2.8g (11.22%), Calcium: 105.61mg (10.56%), Folate: 40.26µg (10.07%), Vitamin K: 9.56µg (9.11%), Vitamin B12: 0.51µg (8.43%), Vitamin A: 360.83IU (7.22%), Vitamin E: 0.32mg (2.11%)