



## Chicken with Wild Rice and Vegetables Casserole



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups chicken broth
- 12 chicken tenderloins frozen
- 2 cups california blend vegetables frozen
- 1 tablespoon olive oil
- 1 pinch paprika
- 8.6 ounce rice mix long grain wild
- 4 servings salt and pepper black to taste

1 cup water

## Equipment

oven

baking pan

aluminum foil

## Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with nonstick cooking spray.

Pour the contents of the long grain and wild rice boxes into prepared baking dish.

Drizzle rice with 2 tablespoons of olive oil.

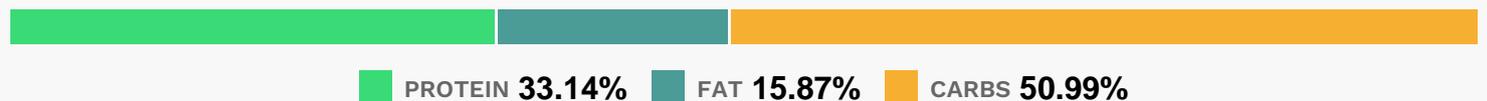
Pour chicken broth and water over the rice. Top with frozen vegetables and frozen chicken tenders.

Drizzle chicken with the remaining tablespoon of olive oil. Season with salt and pepper; sprinkle with paprika. Cover tightly with aluminum foil.

Place casserole in preheated oven.

Bake until rice is soft and chicken juices run clear, approximately one hour.

## Nutrition Facts



## Properties

Glycemic Index:30.3, Glycemic Load:33.21, Inflammation Score:-10, Nutrition Score:27.603043535481%

## Nutrients (% of daily need)

Calories: 489.77kcal (24.49%), Fat: 8.51g (13.09%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 61.51g (20.5%), Net Carbohydrates: 57.07g (20.75%), Sugar: 0.58g (0.65%), Cholesterol: 98.35mg (32.78%), Sodium: 852.58mg (37.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.95%), Vitamin A: 4680.64IU (93.61%), Vitamin B3: 18.02mg (90.1%), Selenium: 58.04µg (82.91%), Vitamin B6: 1.31mg (65.57%), Manganese: 0.96mg (48.13%), Phosphorus: 443.56mg (44.36%), Vitamin B5: 2.92mg (29.15%), Potassium: 839.81mg (23.99%), Magnesium: 77.89mg (19.47%), Vitamin B2: 0.33mg (19.23%), Vitamin B1: 0.27mg (18.3%), Fiber: 4.44g (17.76%),

Copper: 0.29mg (14.33%), Vitamin C: 11.26mg (13.65%), Zinc: 2.03mg (13.56%), Iron: 2.02mg (11.2%), Folate: 37.28µg (9.32%), Vitamin E: 0.91mg (6.07%), Calcium: 54mg (5.4%), Vitamin B12: 0.32µg (5.39%), Vitamin K: 2.49µg (2.37%)