

Chicken Zucchini Rice Casserole



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



15

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 0.5 cup celery diced
- ☐ 1 cup meat from a rotisserie chicken diced cooked
- ☐ 2 cubes chicken bouillon
- ☐ 10.8 ounce cream of mushroom soup with roasted garlic canned
- ☐ 3 ounce french-fried onions canned
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 2 cups water boiling
- ☐ 1 cup rice white uncooked
- ☐ 1 cup zucchini thinly sliced

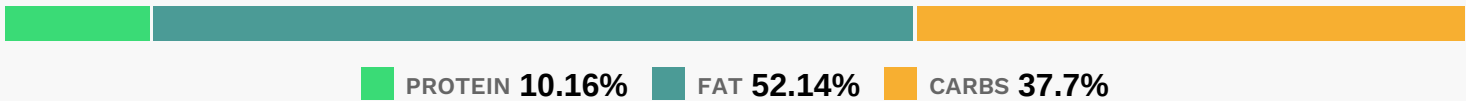
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring water, rice, and chicken bouillon to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and liquid is absorbed, 20 to 25 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Heat olive oil in a large skillet over medium heat; cook and stir zucchini, celery, and onion in hot oil until tender, about 5 minutes. Stir rice, cream of mushroom soup, cream of mushroom soup with roasted garlic, water chestnuts, chicken, mayonnaise, and lemon juice into vegetable mixture.
- ☐ Transfer mixture to prepared baking dish.
- ☐ Spread French-fried onions over rice mixture.
- ☐ Bake in the preheated oven until bubbly and lightly browned, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:12.35, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:4.0760869477754%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 183.34kcal (9.17%), Fat: 10.51g (16.18%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 16.08g (5.85%), Sugar: 1.12g (1.25%), Cholesterol: 11.15mg (3.72%), Sodium: 253.83mg (11.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin K: 14.15µg (13.48%), Manganese: 0.25mg (12.33%), Selenium: 4.55µg (6.51%), Vitamin B6: 0.13mg (6.36%), Vitamin B3: 1.26mg (6.28%), Copper: 0.11mg (5.54%), Phosphorus: 49.63mg (4.96%), Zinc: 0.64mg (4.29%), Fiber: 1.02g (4.08%), Potassium: 128.95mg (3.68%), Vitamin E: 0.53mg (3.54%), Iron: 0.63mg (3.5%), Vitamin B5: 0.33mg (3.33%), Vitamin B2: 0.05mg (2.96%), Vitamin C: 2.41mg (2.92%), Magnesium: 10.48mg (2.62%), Folate: 8.89µg (2.22%), Vitamin B1: 0.03mg (1.92%), Calcium: 11.77mg (1.18%), Vitamin B12: 0.07µg (1.14%)