



Comforting Chicken Casserole

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 ounce onion soup mix dry
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.8 cup rice white

Equipment

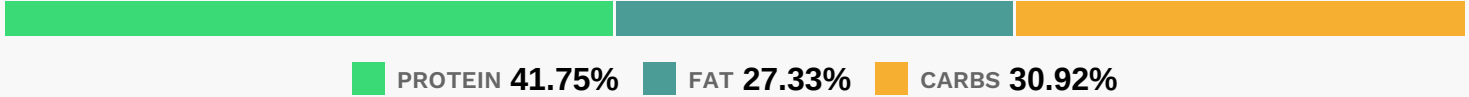
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Sprinkle onion soup mix in the bottom of a 9x13-inch baking dish.
- ☐ Spread rice over soup mix and place chicken on top of rice.
- ☐ Combine chicken broth, cream of mushroom soup, and cream of celery soup in a bowl.
- ☐ Pour soup mixture over chicken and rice; cover dish with aluminum foil.
- ☐ Bake in preheated oven until chicken is no longer pink in the center and juices run clear, about 1 hour. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:16.69, Inflammation Score:-5, Nutrition Score:24.515652262646%

Nutrients (% of daily need)

Calories: 567.65kcal (28.38%), Fat: 16.73g (25.74%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 41.06g (14.93%), Sugar: 1.4g (1.56%), Cholesterol: 135.89mg (45.3%), Sodium: 2130.66mg (92.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.5g (115.01%), Selenium: 62.03µg (88.62%), Vitamin B3: 15.8mg (79%), Vitamin B6: 1.18mg (58.89%), Phosphorus: 494.33mg (49.43%), Manganese: 0.82mg (41.12%), Zinc: 4.61mg (30.74%), Vitamin B5: 2.87mg (28.68%), Potassium: 836.99mg (23.91%), Vitamin B12: 1.41µg (23.43%), Copper: 0.42mg (21.08%), Vitamin B2: 0.33mg (19.27%), Magnesium: 70.97mg (17.74%), Iron: 3.03mg (16.86%), Vitamin K: 15.83µg (15.07%), Vitamin E: 1.65mg (11%), Vitamin B1: 0.15mg (9.94%), Vitamin A: 431.71IU (8.63%), Calcium: 67.31mg (6.73%), Fiber: 1.53g (6.11%), Folate: 16.21µg (4.05%), Vitamin C: 1.75mg (2.12%), Vitamin D: 0.22µg (1.44%)