



## Creamy Baked Chicken and Wild Rice Casserole

READY IN



85 min.

SERVINGS



8

CALORIES



655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 bay leaf 2 tablespoons salt
- 8 servings pepper black freshly ground
- 0.3 cup bread crumbs
- 2 cups button mushrooms quartered
- 1 cup cranberries fresh
- 6 tablespoons brown sugar dark
- 2 tablespoons rosemary leaves fresh chopped
- 1 sprig thyme leaves fresh

- 0.5 teaspoon ground cinnamon
- 2 cups gruyère cheese shredded
- 2.5 cups heavy cream
- 1 small onion chopped
- 8 servings salt
- 2 chicken breasts boneless skinless
- 6 tablespoons butter unsalted plus more for casserole dish
- 5 cups water
- 1.3 cups rice wild

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- casserole dish
- cutting board

## Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Butter a 9 by 13-inch casserole dish.
- In a large saucepan, combine the water, thyme, bay leaf, and salt and bring to a boil over medium heat.
- Add the chicken and simmer until cooked through, about 15 minutes, depending on thickness of the chicken.
- Remove the chicken to a cutting board. When cool enough to handle, dice into 1/2-inch cubes and reserve.
- Return the water to a boil, add the wild rice, and cover. Cook over medium heat until the rice grains split, 40 to 45 minutes.

- Drain the excess water, transfer the rice to a bowl and set aside.
- In a small pot, over medium heat, add 2 tablespoons of butter. When the butter is melted add the brown sugar, cranberries, rosemary, bread crumbs, and a pinch of salt. Stir until the sugar is dissolved and the mixture is uniform.
- Transfer to a bowl and set aside. In a large straight-sided saute pan over medium-high heat, melt 2 tablespoons butter.
- Add the mushrooms, onions, and a pinch of salt.
- Saute until the mushrooms are browned, about 5 minutes.
- Add the heavy cream and the cinnamon, bring to a boil, then reduce the heat and simmer about 2 minutes to thicken slightly.
- Add the Gruyere and mix to incorporate.
- Add the rice and chicken to the pot and stir to combine. Season the mixture with salt and pepper, to taste, then transfer it to the prepared casserole dish.
- Spread the cranberry mixture evenly over the top of the casserole and bake until golden and bubbling, about 15 to 20 minutes.
- Remove from the oven and serve hot.

## Nutrition Facts



■ **PROTEIN 14%**
■ **FAT 63.89%**
■ **CARBS 22.11%**

### Properties

Glycemic Index:30.25, Glycemic Load:11.11, Inflammation Score:-8, Nutrition Score:18.269565250563%

### Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg,  
 Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg  
 Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg,  
 Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg,  
 Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg,  
 Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg  
 Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,  
 Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg  
 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg,  
 Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg,

Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg  
Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 3.63mg, Quercetin:  
3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

## **Nutrients (% of daily need)**

Calories: 655.26kcal (32.76%), Fat: 47.37g (72.87%), Saturated Fat: 29.01g (181.33%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 34.04g (12.38%), Sugar: 13.29g (14.76%), Cholesterol: 161mg (53.67%), Sodium: 521.88mg (22.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.71%), Phosphorus: 451.28mg (45.13%), Calcium: 417.64mg (41.76%), Vitamin A: 1711.24IU (34.22%), Vitamin B3: 5.96mg (29.81%), Selenium: 20.16µg (28.81%), Vitamin B2: 0.45mg (26.48%), Manganese: 0.51mg (25.59%), Zinc: 3.46mg (23.04%), Vitamin B6: 0.42mg (21.09%), Magnesium: 80.27mg (20.07%), Vitamin B5: 1.52mg (15.19%), Copper: 0.3mg (14.76%), Potassium: 441.99mg (12.63%), Vitamin B12: 0.74µg (12.38%), Fiber: 2.82g (11.29%), Vitamin D: 1.62µg (10.81%), Folate: 43.25µg (10.81%), Vitamin E: 1.47mg (9.79%), Vitamin B1: 0.14mg (9.46%), Iron: 1.23mg (6.84%), Vitamin K: 5.65µg (5.39%), Vitamin C: 4mg (4.85%)