



Creamy Chicken-and-Rice Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce cream of mushroom soup undiluted reduced-fat reduced-sodium canned
- ☐ 0.3 cup multigrain crackers crushed (6 crackers)
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon butter melted
- ☐ 1 cup pre mushrooms fresh
- ☐ 0.8 cup nonfat cream sour
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon poppy seeds

- ☐ 6.9 ounce one-third-less-salt chicken-flavored rice-and-vermicelli mix with chicken broth and herbs
- ☐ 1.5 pounds skinned cut into bite-sized pieces
- ☐ 2.3 cups water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Cook rice mix in a large nonstick skillet according to package directions, using 1 tablespoon margarine and 2 1/4 cups hot water.
- ☐ Remove mixture from skillet; set aside. Wipe skillet with a paper towel.
- ☐ Coat the skillet with cooking spray, and place over high heat until hot.
- ☐ Add chicken, mushrooms, and garlic powder; saut 6 minutes or until chicken loses its pink color.
- ☐ Combine rice mixture, chicken mixture, sour cream, pepper, and soup in a bowl; stir well. Spoon mixture into a 2-quart casserole coated with cooking spray.
- ☐ Combine cracker crumbs, margarine, and poppy seeds; stir well, and sprinkle over chicken mixture.
- ☐ Bake at 350 for 35 minutes or until thoroughly heated.
- ☐ Make-Ahead Tips: You can assemble the casserole ahead of time, omitting the cracker-crumb mixture; cover and chill in the refrigerator or freeze (thaw frozen casserole overnight in refrigerator).
- ☐ Let stand at room temperature 30 minutes; top with cracker-crumb mixture, and bake as directed.

Nutrition Facts



 PROTEIN **34.06%**  FAT **23.17%**  CARBS **42.77%**

Properties

Glycemic Index:22, Glycemic Load:15.57, Inflammation Score:-4, Nutrition Score:15.885652189669%

Nutrients (% of daily need)

Calories: 351.93kcal (17.6%), Fat: 8.84g (13.6%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 35.79g (13.01%), Sugar: 0.65g (0.72%), Cholesterol: 77.7mg (25.9%), Sodium: 663.06mg (28.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.24g (58.47%), Vitamin B3: 13.08mg (65.41%), Selenium: 44.43µg (63.48%), Vitamin B6: 0.9mg (45.19%), Phosphorus: 355.06mg (35.51%), Vitamin B5: 1.99mg (19.86%), Manganese: 0.38mg (19.13%), Potassium: 592.14mg (16.92%), Vitamin B2: 0.27mg (15.65%), Copper: 0.24mg (11.85%), Zinc: 1.74mg (11.58%), Magnesium: 43.97mg (10.99%), Vitamin B1: 0.13mg (8.81%), Iron: 1.24mg (6.9%), Vitamin B12: 0.41µg (6.76%), Calcium: 62.06mg (6.21%), Vitamin A: 274.71IU (5.49%), Folate: 17.14µg (4.28%), Fiber: 0.93g (3.73%), Vitamin E: 0.46mg (3.04%), Vitamin C: 1.71mg (2.07%), Vitamin K: 1.61µg (1.54%)