



Creamy Chicken-and-Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon herb-and-spice seasoning salt-free
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 24 ounce skinned and boned chicken breast halves cut into small pieces
- ☐ 10.8 ounce cream of mushroom soup fat-free undiluted canned
- ☐ 8 ounce nonfat cream sour
- ☐ 0.5 teaspoon pepper
- ☐ 5 ounce rice mix long-grain wild
- ☐ 7 ounce roasted bell peppers red drained chopped

- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 small onion sweet chopped

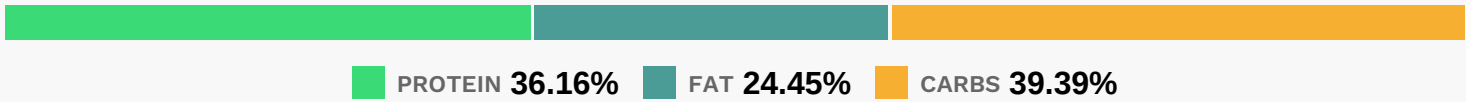
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook rice mix according to package directions, omitting fat.
- ☐ Sprinkle seasoning evenly over chicken pieces.
- ☐ Cook chicken in a large nonstick skillet coated with cooking spray over medium-high heat 10 minutes or until chicken is done, stirring often.
- ☐ Stir together chicken, rice, onion, and next 5 ingredients in a bowl. Spoon into an 11- x 7-inch baking dish coated with cooking spray.
- ☐ Sprinkle with cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly around edges.
- ☐ Note: For testing purposes, we used Mrs. Dash salt-free herb-and-spice seasoning.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:6.93, Inflammation Score:-6, Nutrition Score:18.410000070282%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 304.02kcal (15.2%), Fat: 8.29g (12.76%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 26.82g (9.75%), Sugar: 3.79g (4.21%), Cholesterol: 73.06mg (24.35%), Sodium: 849.15mg (36.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.59g (55.18%), Vitamin B3: 10.81mg (54.07%), Selenium: 33.85µg (48.36%), Vitamin B6: 0.91mg (45.6%), Phosphorus: 383.97mg (38.4%), Manganese: 0.53mg (26.37%), Zinc: 2.91mg (19.43%), Magnesium: 73.4mg (18.35%), Vitamin C: 15.12mg (18.33%), Potassium: 632.86mg (18.08%), Calcium: 175.69mg (17.57%), Vitamin B2: 0.29mg (17.02%), Vitamin B5: 1.65mg (16.53%), Copper: 0.31mg (15.32%), Fiber: 3.24g (12.98%), Folate: 46.51µg (11.63%), Iron: 1.88mg (10.45%), Vitamin B1: 0.13mg (8.47%), Vitamin B12: 0.47µg (7.77%), Vitamin A: 383.77IU (7.68%), Vitamin E: 0.76mg (5.04%), Vitamin K: 5.09µg (4.85%), Vitamin D: 0.17µg (1.13%)