



Creamy Chicken Asparagus Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1 pound asparagus fresh trimmed cut into 2 1/2 inch pieces
- ☐ 1.5 cups cream of chicken soup
- ☐ 1 teaspoon tarragon dried
- ☐ 1 onion diced finely
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 teaspoon butter unsalted
- ☐ 1.3 cups water

☐ 0.7 cup rice long grain white uncooked

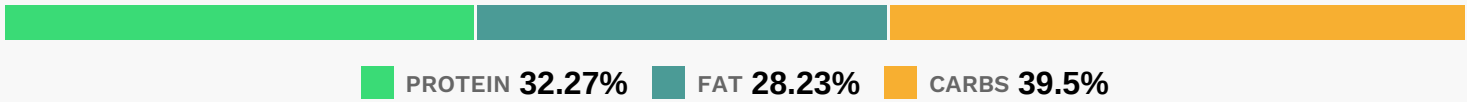
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Melt the butter in an ovenproof skillet over medium-high heat, and brown the chicken breasts about 3 minutes on each side.
- ☐ Remove chicken from the skillet, and set aside.
- ☐ Add the onion and asparagus to the skillet; cook for 4 to 5 minutes, or until the onions are tender. Arrange the chicken breasts over the onions and asparagus, and season with tarragon.
- ☐ Pour soup over chicken.
- ☐ Cover the skillet, and bake for 15 minutes in the preheated oven.
- ☐ Remove cover, sprinkle with almonds, and bake for another 5 minutes.
- ☐ Meanwhile, combine water and rice in a saucepan. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes.
- ☐ Serve chicken and asparagus over rice.

Nutrition Facts



Properties

Glycemic Index:60.8, Glycemic Load:19.16, Inflammation Score:-8, Nutrition Score:26.116086985754%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.99mg, Isorhamnetin: 7.99mg, Isorhamnetin: 7.99mg, Isorhamnetin: 7.99mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.46mg, Quercetin: 21.46mg, Quercetin: 21.46mg, Quercetin: 21.46mg

Nutrients (% of daily need)

Calories: 403.82kcal (20.19%), Fat: 12.67g (19.49%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 35.87g (13.05%), Sugar: 4.1g (4.55%), Cholesterol: 82.57mg (27.52%), Sodium: 803.83mg (34.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.58g (65.16%), Vitamin B3: 14.04mg (70.22%), Selenium: 45.63µg (65.18%), Vitamin B6: 1.05mg (52.65%), Vitamin K: 51.5µg (49.05%), Manganese: 0.8mg (40.13%), Phosphorus: 398.52mg (39.85%), Copper: 0.52mg (25.99%), Iron: 4.53mg (25.14%), Vitamin B5: 2.48mg (24.77%), Vitamin B2: 0.41mg (24.21%), Vitamin E: 3.55mg (23.65%), Potassium: 826.62mg (23.62%), Vitamin A: 1116.02IU (22.32%), Vitamin B1: 0.29mg (19.61%), Magnesium: 77.57mg (19.39%), Folate: 77.01µg (19.25%), Fiber: 4.01g (16.02%), Zinc: 2.13mg (14.22%), Vitamin C: 10.09mg (12.23%), Calcium: 84.88mg (8.49%), Vitamin B12: 0.23µg (3.8%)