



Creamy Chicken-Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 10.8 ounce cream of celery soup undiluted canned
- ☐ 4 ounces fontina shredded
- ☐ 16 ounce green beans frozen french-style thawed
- ☐ 6 ounce mushrooms drained sliced
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon pepper

- ☐ 2 ounce pimientos diced drained
- ☐ 6 ounce rice mix long-grain wild
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

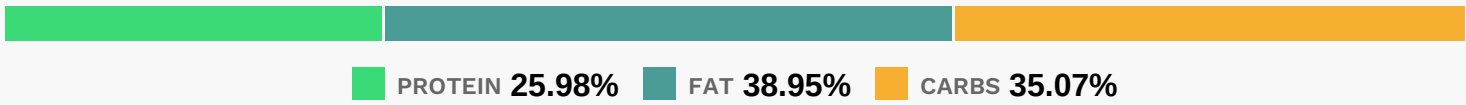
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook rice according to package directions.
- ☐ Combine rice and next 10 ingredients; spoon into a shallow 3-quart baking dish. Top with cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly around edges.
- ☐ Note: Casserole may be frozen up to 1 month. Thaw in refrigerator 24 hours; let stand at room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:9.83, Inflammation Score:-7, Nutrition Score:18.608695740285%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 352.45kcal (17.62%), Fat: 15.58g (23.97%), Saturated Fat: 7.05g (44.06%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 26.82g (9.75%), Sugar: 6.2g (6.89%), Cholesterol: 76.73mg (25.58%), Sodium: 514.41mg (22.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.38g (46.75%), Vitamin B3: 7.13mg (35.63%), Phosphorus: 327.44mg (32.74%), Vitamin K: 33.18µg (31.6%), Manganese: 0.58mg (29.25%), Selenium:

19.99µg (28.56%), Vitamin B6: 0.53mg (26.37%), Vitamin B2: 0.39mg (22.78%), Zinc: 3.15mg (20.98%), Vitamin A: 1019.28IU (20.39%), Vitamin C: 16.28mg (19.73%), Fiber: 4.74g (18.96%), Magnesium: 75.33mg (18.83%), Copper: 0.35mg (17.67%), Vitamin B5: 1.77mg (17.67%), Potassium: 560.41mg (16.01%), Calcium: 156.02mg (15.6%), Iron: 2.55mg (14.16%), Folate: 53.19µg (13.3%), Vitamin B1: 0.15mg (9.91%), Vitamin E: 1.37mg (9.12%), Vitamin B12: 0.47µg (7.89%)