



Crispy Chicken-and-Rice Casserole

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



10

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup almonds sliced
- 3.5 ounce mushrooms drained sliced canned
- 8 ounce water chestnuts drained sliced canned
- 1 cup celery chopped
- 2 cups meat from a rotisserie chicken cooked chopped
- 1 cup cornflakes cereal crushed
- 21 ounce cream of mushroom soup canned
- 1 tablespoon juice of lemon

- 0.8 cup mayonnaise
- 1 small onion chopped
- 10 servings garnish: parsley fresh chopped
- 1 cup rice long-grain uncooked
- 1 teaspoon salt

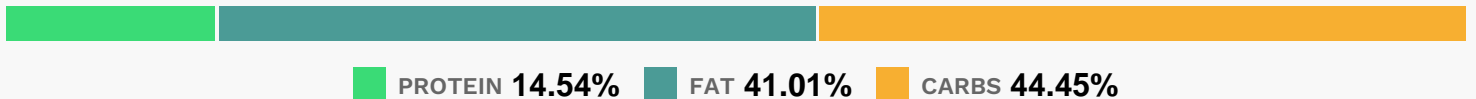
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Cook rice according to package directions. Stir together cooked rice and next 10 ingredients in a bowl. Spoon into a lightly greased 13- x 9-inch baking dish.
- Sprinkle evenly with cereal.
- Bake at 350 for 30 minutes or until golden and bubbly.
- Garnish, if desired.
- Note: Freeze casserole up to 1 month, if desired. Thaw casserole in refrigerator overnight.
- Bake, covered with aluminum foil, at 350 for 45 minutes.
- Remove foil, and bake 15 minutes more or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:9.22, Inflammation Score:-8, Nutrition Score:22.271304431169%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.91mg, Apigenin: 8.91mg, Apigenin: 8.91mg, Apigenin: 8.91mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 402.09kcal (20.1%), Fat: 18.47g (28.42%), Saturated Fat: 3.44g (21.53%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 41.79g (15.2%), Sugar: 4.17g (4.64%), Cholesterol: 31.03mg (10.34%), Sodium: 1011.27mg (43.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Vitamin K: 96.06µg (91.48%), Iron: 8.62mg (47.89%), Vitamin B3: 7.82mg (39.1%), Vitamin B6: 0.68mg (34.13%), Vitamin B2: 0.52mg (30.81%), Manganese: 0.6mg (30.12%), Folate: 108.95µg (27.24%), Vitamin B1: 0.39mg (26.12%), Vitamin B12: 1.38µg (22.99%), Selenium: 12.96µg (18.51%), Copper: 0.34mg (17.22%), Vitamin A: 827.53IU (16.55%), Phosphorus: 162.33mg (16.23%), Vitamin C: 12.15mg (14.73%), Vitamin E: 2.02mg (13.44%), Zinc: 1.96mg (13.08%), Fiber: 3.26g (13.02%), Magnesium: 43.7mg (10.92%), Potassium: 352mg (10.06%), Vitamin B5: 0.86mg (8.6%), Vitamin D: 0.91µg (6.03%), Calcium: 39.68mg (3.97%)