



Crunchy Chicken Casserole

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

READY IN



55 min.

SERVINGS



8

CALORIES



847 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups celery diced
- 4 cups meat from a rotisserie chicken diced cooked
- 21.5 ounce cream of chicken soup canned
- 2 cups rice cooked
- 2 cups corn flakes crushed
- 6 hard-cooked eggs chopped
- 2 tablespoons juice of lemon
- 0.3 cup butter melted

- 1.5 cups mayonnaise
- 2 teaspoons onion grated
- 0.5 teaspoon salt

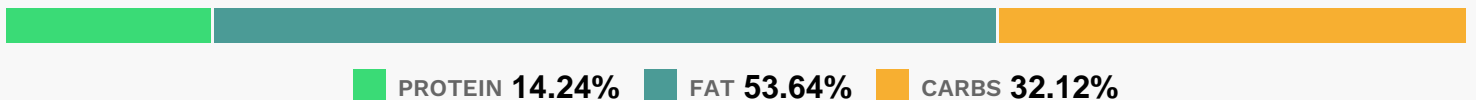
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix chicken, cream of chicken soup, celery, rice, mayonnaise, eggs, lemon juice, onion, and salt in a large bowl.
- Transfer mixture to a 9x13-inch baking dish.
- Mix corn flakes and margarine in another bowl; sprinkle over chicken mixture.
- Bake in preheated oven until bubbly and golden brown, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:14.54, Inflammation Score:-9, Nutrition Score:38.156956693401%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 847.26kcal (42.36%), Fat: 50.54g (77.76%), Saturated Fat: 10g (62.47%), Carbohydrates: 68.1g (22.7%), Net Carbohydrates: 65.57g (23.84%), Sugar: 7.16g (7.96%), Cholesterol: 216.11mg (72.04%), Sodium: 1564.62mg (68.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.39%), Iron: 19.42mg (107.87%), Vitamin B3: 16.67mg (83.36%), Vitamin K: 79.1µg (75.33%), Vitamin B2: 1.26mg (74.13%), Vitamin B6: 1.45mg (72.64%), Folate: 245.97µg (61.49%), Vitamin B12: 3.63µg (60.57%), Vitamin B1: 0.89mg (59.32%), Selenium: 39.16µg (55.95%), Vitamin A: 1813.38IU (36.27%), Phosphorus: 316.79mg (31.68%), Vitamin D: 3.04µg (20.26%), Manganese: 0.39mg (19.48%), Vitamin C: 14.78mg (17.92%), Vitamin B5: 1.79mg (17.86%), Zinc: 2.56mg (17.08%), Vitamin E: 2.56mg (17.04%), Copper: 0.3mg (15.22%), Magnesium: 52.99mg (13.25%), Potassium: 439.73mg (12.56%), Fiber: 2.53g (10.13%), Calcium: 60.74mg (6.07%)