

Crunchy Chicken Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



697 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2 cups rice white cooked
- ☐ 1 cup mayonnaise
- ☐ 2 cups potato chips crushed
- ☐ 2 cups cheddar cheese shredded
- ☐ 2 cups mozzarella cheese shredded
- ☐ 2 chicken breast halves boneless skinless cubed cooked
- ☐ 0.3 cup slivered almonds

☐ 1 cup cup heavy whipping cream sour

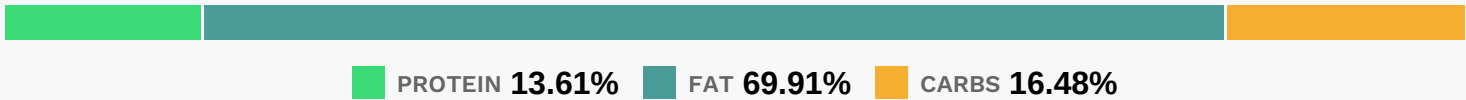
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large casserole dish, mix the chicken, mayonnaise, sour cream, condensed cream of chicken soup, rice, almonds, and mozzarella cheese.
- ☐ Layer with Cheddar cheese, and top with potato chips.
- ☐ Bake 35 minutes in the preheated oven, until bubbly and golden brown.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:13.59, Inflammation Score:-6, Nutrition Score:18.6234783297%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 697.02kcal (34.85%), Fat: 54.33g (83.59%), Saturated Fat: 16.97g (106.09%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 27.57g (10.03%), Sugar: 1.96g (2.18%), Cholesterol: 100.22mg (33.41%), Sodium: 959.64mg (41.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.6%), Vitamin K: 53.71µg (51.15%), Selenium: 27.86µg (39.8%), Calcium: 396.64mg (39.66%), Phosphorus: 393.1mg (39.31%), Vitamin E: 4.64mg (30.95%), Manganese: 0.45mg (22.56%), Vitamin B3: 4.46mg (22.29%), Vitamin B2: 0.37mg (21.5%), Vitamin B6: 0.41mg (20.48%), Vitamin B5: 1.87mg (18.7%), Zinc: 2.8mg (18.64%), Vitamin B12: 1.09µg (18.14%), Vitamin A: 747.5IU

(14.95%), Potassium: 501.33mg (14.32%), Magnesium: 52.49mg (13.12%), Copper: 0.19mg (9.55%), Vitamin B1: 0.11mg (7.22%), Iron: 1.23mg (6.84%), Vitamin C: 5.23mg (6.33%), Folate: 21.74µg (5.44%), Fiber: 1.24g (4.95%), Vitamin D: 0.37µg (2.44%)