



Easy Baked Chicken and Rice Casserole

 **Gluten Free**

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup baby-cut carrots cut in half diagonally
- ☐ 2 cups broccoli florets fresh
- ☐ 10.8 ounce campbell's® condensed cream of chicken soup healthy request® canned
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup cheese blend shredded italian reduced-fat
- ☐ 1 teaspoon penzey's southwest seasoning italian crushed
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon onion powder

- ☐ 0.1 teaspoon paprika
- ☐ 0.8 cup regular rice long-grain white uncooked
- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 1.3 cups water

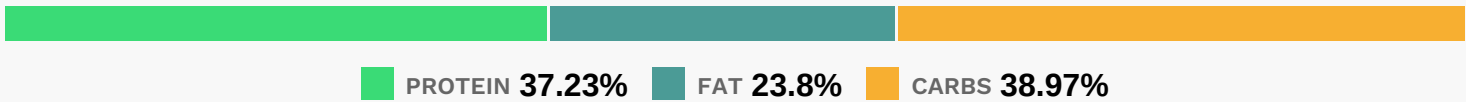
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 350 degrees F. Stir the soup, water, rice, lemon juice, Italian seasoning, onion powder, black pepper, broccoli and carrots in an 11x8x2-inch baking dish.
- ☐ Place the chicken on the rice mixture. Season the chicken with additional black pepper and sprinkle with the paprika. Cover the baking dish.
- ☐ Bake for 50 minutes or until the chicken is cooked through and the rice is tender. Top with the cheese. Cover and let stand for 10 minutes. Stir the rice mixture before serving.

Nutrition Facts



Properties

Glycemic Index:47.05, Glycemic Load:19.65, Inflammation Score:-10, Nutrition Score:29.538695602313%

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 Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 416.89kcal (20.84%), Fat: 10.88g (16.75%), Saturated Fat: 2.6g (16.28%), Carbohydrates: 40.09g (13.36%), Net Carbohydrates: 37.21g (13.53%), Sugar: 2.89g (3.21%), Cholesterol: 98.68mg (32.89%), Sodium: 763.07mg (33.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.61%), Vitamin A: 4917.65IU (98.35%),

Vitamin B3: 16.14mg (80.71%), Selenium: 53.54µg (76.49%), Vitamin B6: 1.24mg (62.11%), Vitamin C: 44.72mg (54.2%), Vitamin K: 56.23µg (53.56%), Phosphorus: 402.41mg (40.24%), Manganese: 0.64mg (32%), Vitamin B5: 2.92mg (29.22%), Potassium: 837.02mg (23.91%), Magnesium: 64.3mg (16.07%), Vitamin B2: 0.26mg (15.47%), Copper: 0.29mg (14.32%), Iron: 2.45mg (13.6%), Folate: 49.42µg (12.36%), Fiber: 2.88g (11.51%), Vitamin B1: 0.17mg (11.34%), Zinc: 1.7mg (11.33%), Calcium: 89.99mg (9%), Vitamin E: 1.19mg (7.94%), Vitamin B12: 0.28µg (4.72%)