



Easy Chicken and Rice with Mushrooms

READY IN



150 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 8 ounce mushrooms fresh sliced
- 1.3 cups milk
- 1 pound chicken breast halves boneless skinless
- 2.5 cups water
- 1.3 cups rice white uncooked

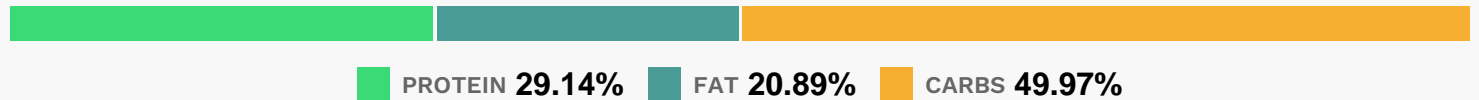
Equipment

- sauce pan
- oven
- whisk
- baking pan
- aluminum foil
- glass baking pan

Directions

- Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- Preheat an oven to 350 degrees F (175 degrees C).
- Whisk together the cream of mushroom soup, cream of chicken soup, and milk; set aside.
- Place the mushrooms and half of the dry onion soup mix into a 9x13 inch glass baking dish along with the cooked rice.
- Pour in half of the condensed soup mixture, and stir until thoroughly combined. Even out the mushrooms in the baking dish, then place the chicken breasts on top. Cover with the remaining condensed soup mixture, and sprinkle with the remaining dry onion soup mix.
- Cover with aluminum foil, and bake in the preheated oven for 1 1/2 hours.
- Remove the foil, and continue baking 15 minutes longer before serving.

Nutrition Facts



Properties

Glycemic Index:43.55, Glycemic Load:31.93, Inflammation Score:-5, Nutrition Score:25.126086794812%

Nutrients (% of daily need)

Calories: 534.33kcal (26.72%), Fat: 12.2g (18.77%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 65.66g (21.89%), Net Carbohydrates: 63.72g (23.17%), Sugar: 5.6g (6.22%), Cholesterol: 91.63mg (30.54%), Sodium: 1817.85mg (79.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.3g (76.6%), Vitamin B3: 15.97mg (79.84%), Selenium: 53.54µg (76.49%), Vitamin B6: 1.12mg (56.07%), Manganese: 1mg (50.16%), Phosphorus: 491.06mg (49.11%), Vitamin B5: 3.69mg (36.87%), Vitamin B2: 0.58mg (33.83%), Copper: 0.64mg (31.87%), Potassium: 965.17mg (27.58%), Zinc: 3.05mg (20.32%), Magnesium: 72.3mg (18.08%), Vitamin B1: 0.25mg (16.44%), Calcium: 145.63mg (14.56%), Iron: 2.6mg (14.42%), Vitamin B12: 0.78µg (13.05%), Fiber: 1.94g (7.75%), Vitamin D: 1.07µg (7.1%), Folate: 25.66µg (6.41%), Vitamin A: 297.27IU (5.95%), Vitamin E: 0.74mg (4.96%), Vitamin K: 3.74µg (3.56%), Vitamin C: 2.87mg (3.48%)