



## Easy Chicken Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 21.5 ounce cream of chicken soup canned
- 2 cups milk
- 1 teaspoon lawry's seasoned salt
- 6 chicken breast halves boneless skinless cut into bite size pieces
- 2 cups rice white uncooked

### Equipment

- bowl
- oven

- baking pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl combine the milk, rice, soup and seasoned salt if desired.
- Mix well.
- Pour mixture into a lightly greased 9x13 inch baking dish.
- Add the chicken pieces.
- Cover dish tightly with aluminum foil and bake in the preheated oven for approximately 90 minutes or until rice is done, stirring every 30 minutes. Uncover the dish and bake for another 15 minutes to allow the rice to brown.

## Nutrition Facts



**PROTEIN 27.8%** **FAT 22.05%** **CARBS 50.15%**

## Properties

Glycemic Index:23.7, Glycemic Load:34.25, Inflammation Score:-4, Nutrition Score:19.663478229357%

## Nutrients (% of daily need)

Calories: 494.13kcal (24.71%), Fat: 11.8g (18.15%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 60.37g (20.12%), Net Carbohydrates: 59.57g (21.66%), Sugar: 4.53g (5.04%), Cholesterol: 90.21mg (30.07%), Sodium: 1265.78mg (55.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.94%), Selenium: 48.95µg (69.93%), Vitamin B3: 13.26mg (66.28%), Vitamin B6: 1mg (49.86%), Phosphorus: 421.85mg (42.19%), Manganese: 0.76mg (38.06%), Vitamin B5: 2.73mg (27.34%), Potassium: 660.87mg (18.88%), Vitamin B2: 0.3mg (17.78%), Copper: 0.3mg (14.87%), Magnesium: 58.63mg (14.66%), Calcium: 137.42mg (13.74%), Zinc: 1.96mg (13.04%), Vitamin B1: 0.17mg (11.62%), Vitamin B12: 0.67µg (11.09%), Iron: 1.99mg (11.06%), Vitamin A: 350.55IU (7.01%), Vitamin D: 1.01µg (6.72%), Vitamin E: 0.87mg (5.81%), Vitamin K: 4.7µg (4.47%), Fiber: 0.8g (3.21%), Folate: 11.48µg (2.87%), Vitamin C: 1.46mg (1.77%)