



Easy Chicken with Rice Casserole

 Gluten Free

READY IN



135 min.

SERVINGS



5

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice long-grain white uncooked
- ☐ 10.5 oz campbell's® condensed cream of celery soup canned
- ☐ 10.5 oz cream of chicken soup with herbs soup canned
- ☐ 1.5 cups water
- ☐ 5 chicken breast halves bone-in with skin
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon paprika

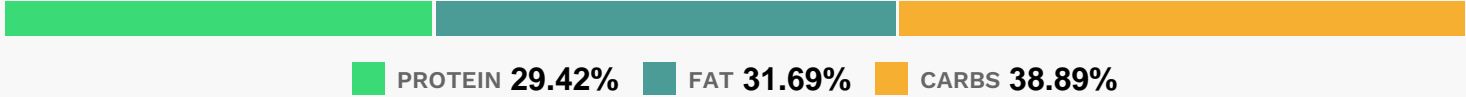
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 325°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix uncooked rice, both soups and water; pour into baking dish.
- ☐ Arrange chicken, skin side up, over rice mixture.
- ☐ Brush chicken with melted butter; drizzle with any remaining butter.
- ☐ Sprinkle with paprika. Cover tightly with foil.
- ☐ Bake 1 1/2 hours. Uncover; bake 20 to 30 minutes longer or until juice of chicken is clear when thickest part is cut to bone (at least 165°F).

Nutrition Facts



Properties

Glycemic Index:33.84, Glycemic Load:19.65, Inflammation Score:-5, Nutrition Score:17.149565162866%

Nutrients (% of daily need)

Calories: 401.6kcal (20.08%), Fat: 13.85g (21.31%), Saturated Fat: 5.27g (32.95%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 37.27g (13.55%), Sugar: 1.21g (1.35%), Cholesterol: 95.67mg (31.89%), Sodium: 897.88mg (39.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.87%), Vitamin B3: 12.81mg (64.06%), Selenium: 44.03µg (62.9%), Vitamin B6: 0.92mg (46.09%), Phosphorus: 318.77mg (31.88%), Manganese: 0.59mg (29.27%), Vitamin B5: 2.66mg (26.64%), Potassium: 558.63mg (15.96%), Copper: 0.27mg (13.48%), Vitamin K: 13.66µg (13.01%), Vitamin A: 647.1IU (12.94%), Magnesium: 45.52mg (11.38%), Vitamin B2: 0.19mg (11.09%), Vitamin E: 1.65mg (11%), Iron: 1.73mg (9.6%), Zinc: 1.33mg (8.88%), Vitamin B1: 0.12mg (8.08%), Calcium: 47.78mg (4.78%), Vitamin B12: 0.26µg (4.32%), Fiber: 0.98g (3.91%), Folate: 10.23µg (2.56%), Vitamin C: 1.54mg (1.86%)