



Easy Delicious Chicken and Rice Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 ounce onion soup mix dry
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1.9 cups water
- ☐ 1 cup rice white uncooked

Equipment

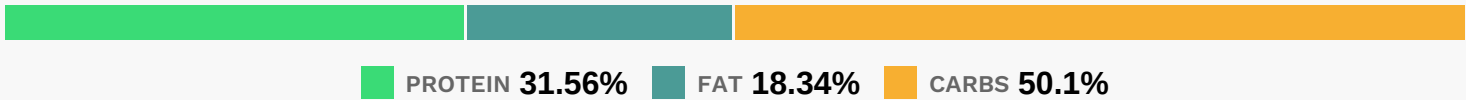
- ☐ oven
- ☐ baking pan

☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread rice in the bottom of a 9x13 inch baking dish. Rinse chicken and pat dry; arrange chicken pieces on top of rice.
- ☐ Mix soup and water together and pour over chicken and rice.
- ☐ Sprinkle dry onion soup mix on top. Cover and seal TIGHTLY with foil.
- ☐ Bake in the preheated oven for 1 to 1 1/2 hours. Enjoy!

Nutrition Facts



Properties

Glycemic Index:17.36, Glycemic Load:16.4, Inflammation Score:-2, Nutrition Score:10.839130308317%

Nutrients (% of daily need)

Calories: 257.98kcal (12.9%), Fat: 5.1g (7.85%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 30.65g (11.15%), Sugar: 0.53g (0.59%), Cholesterol: 52.28mg (17.43%), Sodium: 828.65mg (36.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.51%), Vitamin B3: 8.62mg (43.1%), Selenium: 29.96µg (42.81%), Vitamin B6: 0.64mg (32.12%), Phosphorus: 219.37mg (21.94%), Manganese: 0.41mg (20.64%), Vitamin B5: 1.52mg (15.24%), Potassium: 373.15mg (10.66%), Copper: 0.18mg (9.08%), Magnesium: 32.9mg (8.23%), Vitamin B2: 0.13mg (7.46%), Zinc: 0.98mg (6.54%), Iron: 1.12mg (6.24%), Vitamin B1: 0.09mg (5.97%), Vitamin E: 0.46mg (3.05%), Fiber: 0.71g (2.85%), Calcium: 28.49mg (2.85%), Vitamin B12: 0.15µg (2.51%), Vitamin A: 115.75IU (2.32%), Vitamin K: 2.33µg (2.22%), Folate: 6.5µg (1.62%), Vitamin C: 1.12mg (1.35%)