



## Homey Chicken and Rice Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



761 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup garlic-and-butter flavor croutons crushed
- 0.5 cup chicken broth
- 10.8 ounce cream of chicken soup fat-free canned
- 4 servings ground pepper black to taste
- 0.5 cup milk
- 2 tablespoons olive oil
- 1 small onion chopped
- 1 cup rice

- 1 tablespoon lawry's seasoned salt (such as LAWRY'S®)
- 1 cup cheddar cheese shredded
- 2 cups meat from a rotisserie chicken shredded cooked
- 1 cup cup heavy whipping cream light sour
- 2 cups mushrooms white sliced

## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch square baking dish.
- Bring rice and 1 1/4 cup chicken broth to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- Heat olive oil in a saucepan over medium heat. Cook and stir mushrooms and onion in hot oil until mushrooms are soft and onion is translucent, 5 to 7 minutes. Stir chicken, chicken soup, sour cream, milk, 1/2 cup chicken broth, seasoned salt, and black pepper into the mushroom mixture. Reduce heat to low.
- Add cooked rice to the saucepan; stir until rice is evenly mixed in.
- Transfer mixture to prepared baking dish.
- Bake in preheated oven 15 minutes. Top casserole with Cheddar cheese and crushed croutons; bake until top begins to brown, about another 10 minutes.
- Let cool 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:65.05, Glycemic Load:26.05, Inflammation Score:-6, Nutrition Score:21.074347796647%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## **Nutrients (% of daily need)**

Calories: 760.76kcal (38.04%), Fat: 46.08g (70.89%), Saturated Fat: 16.64g (103.97%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 50.62g (18.41%), Sugar: 3.97g (4.41%), Cholesterol: 111.22mg (37.07%), Sodium: 2690.6mg (116.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.09g (68.17%), Selenium: 40.69µg (58.12%), Phosphorus: 459.91mg (45.99%), Vitamin B3: 8.46mg (42.3%), Vitamin B2: 0.61mg (35.97%), Calcium: 358.7mg (35.87%), Manganese: 0.65mg (32.34%), Vitamin B6: 0.48mg (24.19%), Zinc: 3.54mg (23.63%), Vitamin B5: 2.36mg (23.57%), Copper: 0.42mg (21.23%), Potassium: 625.46mg (17.87%), Vitamin E: 2.68mg (17.84%), Vitamin B12: 0.93µg (15.56%), Vitamin K: 15.49µg (14.75%), Vitamin A: 689.92IU (13.8%), Iron: 2.48mg (13.78%), Magnesium: 52.93mg (13.23%), Vitamin B1: 0.19mg (12.65%), Folate: 32.48µg (8.12%), Fiber: 1.4g (5.62%), Vitamin D: 0.72µg (4.77%), Vitamin C: 2.9mg (3.51%)