



## Hot Chicken Salad III

READY IN



55 min.

SERVINGS



6

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup almonds sliced
- 1 tablespoon butter softened
- 16 ounce mushrooms drained sliced canned
- 1 cup celery chopped
- 10.8 ounce cream of chicken soup canned
- 1 cup rice white cooked
- 0.8 cup mayonnaise
- 0.3 cup onion chopped
- 6 servings salt and pepper to taste

- 4 chicken breast halves boneless skinless cooked cut into bite-sized pieces
- 6 slices bread white

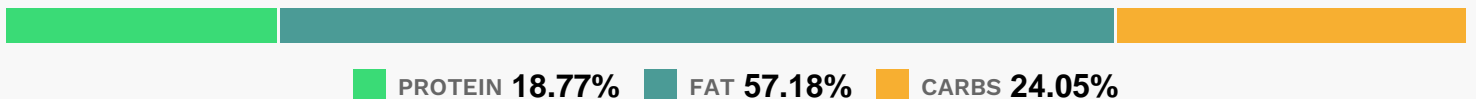
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine the chicken, salt and pepper, rice, soup, mushrooms, celery, onion, almonds and mayonnaise.
- Mix well and spread mixture into an ungreased 9x13 inch baking dish.
- Spread a generous layer of butter or margarine onto one side of each slice of bread, then tear bread into small pieces and place on top of chicken mixture to form a top 'crust'.
- Place baking dish on center oven rack and bake at 350 degrees F (175 degrees C) for about 30 minutes, or until crust is crisp and golden and mixture is bubbly around the edges.

## Nutrition Facts



## Properties

Glycemic Index:65.96, Glycemic Load:18.69, Inflammation Score:-5, Nutrition Score:19.462608415148%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

1.89mg

## Nutrients (% of daily need)

Calories: 494.86kcal (24.74%), Fat: 31.5g (48.46%), Saturated Fat: 6.22g (38.9%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 26.24g (9.54%), Sugar: 4.38g (4.86%), Cholesterol: 69.05mg (23.02%), Sodium: 1285.23mg (55.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.27g (46.54%), Vitamin B3: 10.81mg (54.03%), Selenium: 36.94µg (52.76%), Vitamin K: 53.05µg (50.53%), Vitamin B6: 0.69mg (34.51%), Phosphorus: 301.06mg (30.11%), Manganese: 0.53mg (26.56%), Vitamin B5: 2.15mg (21.48%), Copper: 0.38mg (18.98%), Vitamin E: 2.82mg (18.79%), Vitamin B1: 0.27mg (18.14%), Potassium: 540.02mg (15.43%), Vitamin B2: 0.25mg (14.96%), Magnesium: 59.74mg (14.94%), Iron: 2.61mg (14.5%), Fiber: 3.55g (14.22%), Folate: 53.11µg (13.28%), Zinc: 1.72mg (11.46%), Calcium: 100.02mg (10%), Vitamin A: 267.61IU (5.35%), Vitamin B12: 0.19µg (3.14%), Vitamin C: 2.13mg (2.59%), Vitamin D: 0.28µg (1.88%)