



Italian Chicken Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 oz canned tomatoes diced with basil, garlic, and oregano, undrained canned
- 1 pound chicken breast cut into cubes
- 10.8 oz cream of chicken soup reduced-fat canned
- 8 oz mushrooms fresh sliced
- 0.5 teaspoon penzey's southwest seasoning italian
- 3 tablespoons olive oil divided
- 1 small onion finely chopped
- 0.3 teaspoon pepper

- 7 oz quick-cooking rice
- 0.5 teaspoon salt
- 8 oz cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Cook rice according to package directions.
- Sprinkle chicken evenly with salt and pepper. Saut, in 2 batches, in 2 Tbsp. hot oil in a large skillet over medium-high heat 5 to 7 minutes or until lightly browned.
- Remove from skillet.
- Add remaining 1 Tbsp. oil to skillet, and saut onion 2 to 3 minutes or until tender. Stir in mushrooms, and cook 2 to 3 minutes or until liquid evaporates.
- Remove skillet from heat.
- Stir together soup, sour cream, and Italian seasoning in a medium bowl until well blended. Stir soup mixture into onion mixture in skillet; stir in rice. Gently stir in tomatoes and chicken just until combined. Spoon mixture into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 25 to 30 minutes.
- To make ahead: Line a 13- x 9-inch baking dish with heavy-duty aluminum foil, allowing several inches of foil to extend over sides. Prepare recipe as directed through Step 4; spoon mixture into dish. Freeze 2 hours or until firm. Lift casserole from dish using foil sides; fold foil over casserole. Wrap in additional foil, or place in a large zip-top plastic freezer bag. Freeze up to 3 months.
- Remove casserole from foil or freezer bag.
- Place in a lightly greased 13- x 9-inch baking dish. Thaw in refrigerator 24 hours.
- Bake at 350 for 1 hour to 1 hour and 10 minutes or until bubbly.

Nutrition Facts

PROTEIN 21.25% FAT 39.54% CARBS 39.21%

Properties

Glycemic Index:29.5, Glycemic Load:4.8, Inflammation Score:-7, Nutrition Score:24.131304315899%

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: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 450.27kcal (22.51%), Fat: 20.05g (30.85%), Saturated Fat: 6.21g (38.78%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 40.94g (14.89%), Sugar: 8.65g (9.61%), Cholesterol: 74.75mg (24.92%), Sodium: 830.26mg (36.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.51%), Vitamin B3: 13.44mg (67.2%), Selenium: 43.24µg (61.77%), Vitamin B6: 0.88mg (43.79%), Vitamin B1: 0.5mg (33.63%), Manganese: 0.67mg (33.51%), Phosphorus: 320.86mg (32.09%), Folate: 123.51µg (30.88%), Iron: 4.97mg (27.62%), Copper: 0.52mg (26%), Potassium: 888.97mg (25.4%), Vitamin B5: 2.4mg (23.95%), Vitamin B2: 0.4mg (23.33%), Vitamin E: 3.27mg (21.83%), Vitamin C: 15.13mg (18.34%), Magnesium: 61.72mg (15.43%), Fiber: 3.81g (15.24%), Vitamin K: 15.28µg (14.55%), Vitamin A: 638.58IU (12.77%), Zinc: 1.76mg (11.75%), Calcium: 108.36mg (10.84%), Vitamin B12: 0.25µg (4.09%), Vitamin D: 0.15µg (1.01%)