



Kathy's Easy Chile Chicken and Rice

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 4 ounce chile peppers diced green drained canned
- ☐ 1 cup milk
- ☐ 1 cup peas frozen
- ☐ 4 servings salt and pepper to taste
- ☐ 2 chicken breast halves boneless skinless chopped
- ☐ 1 cup rice long grain white uncooked

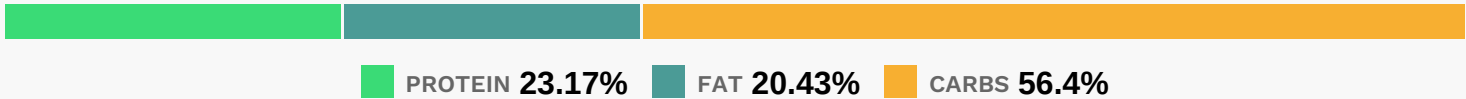
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.
- ☐ Mix the soup, milk, rice, and chile peppers into the casserole dish.
- ☐ Place chicken in the dish. Season with salt and pepper, and top with cheese.
- ☐ Bake covered 1 hour in the preheated oven.
- ☐ Mix in the peas.
- ☐ Let stand covered 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:27.08, Inflammation Score:-6, Nutrition Score:17.199565306954%

Nutrients (% of daily need)

Calories: 373.71kcal (18.69%), Fat: 8.34g (12.83%), Saturated Fat: 2.86g (17.91%), Carbohydrates: 51.8g (17.27%), Net Carbohydrates: 48.66g (17.69%), Sugar: 5.46g (6.06%), Cholesterol: 49.58mg (16.53%), Sodium: 934.03mg (40.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.55%), Selenium: 28.41µg (40.58%), Vitamin B3: 7.93mg (39.66%), Manganese: 0.71mg (35.75%), Vitamin B6: 0.63mg (31.58%), Vitamin C: 24.95mg (30.24%), Phosphorus: 299.33mg (29.93%), Vitamin B5: 1.71mg (17.09%), Vitamin B2: 0.25mg (14.98%), Potassium: 511.6mg (14.62%), Vitamin B1: 0.21mg (14.12%), Copper: 0.28mg (13.95%), Iron: 2.3mg (12.77%), Fiber: 3.15g (12.6%), Magnesium: 49.72mg (12.43%), Calcium: 120.86mg (12.09%), Vitamin K: 12.46µg (11.86%), Zinc: 1.78mg (11.86%), Folate: 46.35µg (11.59%), Vitamin A: 567.47IU (11.35%), Vitamin B12: 0.44µg (7.37%), Vitamin D: 0.73µg (4.85%), Vitamin E: 0.65mg (4.32%)