



Leslie's Favorite Chicken-and-Wild Rice Casserole

READY IN



107 min.

SERVINGS



12

CALORIES



654 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 ounce almonds toasted sliced
- ☐ 2 cups breadcrumbs homemade soft
- ☐ 0.3 cup butter
- ☐ 16 ounce water chestnuts drained sliced canned
- ☐ 4 rib celery chopped
- ☐ 5 cups meat from a rotisserie chicken cooked chopped
- ☐ 21.5 ounce cream of mushroom soup undiluted canned
- ☐ 1 cup milk

- ☐ 2 medium onions chopped
- ☐ 0.5 teaspoon pepper
- ☐ 12.4 ounce fast-cooking and rice mix long-grain wild
- ☐ 0.5 teaspoon salt
- ☐ 1 pound cheddar cheese shredded divided
- ☐ 16 ounce cup heavy whipping cream sour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare rice mixes according to package directions.
- ☐ Meanwhile, melt butter in a large skillet over medium heat; add celery and onion. Saut 10 minutes or until tender.
- ☐ Combine water chestnuts, cooked rice, celery and onion, chicken, 3 cups cheese, and next 5 ingredients in a very large bowl.
- ☐ Spoon mixture into a lightly greased 15" x 10" baking dish or a 4-quart baking dish. Top casserole with breadcrumbs.
- ☐ Bake, uncovered, at 350 for 35 minutes.
- ☐ Sprinkle with remaining 1 cup cheese and almonds; bake 5 more minutes.
- ☐ Note: You can divide this casserole evenly between 2 (11" x 7") baking dishes.
- ☐ Bake as directed above, or freeze casserole up to 1 month.
- ☐ Remove from freezer, and let stand at room temperature 1 hour.
- ☐ Bake, covered, at 350 for 30 minutes. Uncover casserole, and bake 55 more minutes.
- ☐ Sprinkle with remaining 1 cup cheese and almonds; bake 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:23.711304146311%

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: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 653.94kcal (32.7%), Fat: 33.67g (51.79%), Saturated Fat: 14.39g (89.94%), Carbohydrates: 53.56g (17.85%), Net Carbohydrates: 49.61g (18.04%), Sugar: 5.99g (6.65%), Cholesterol: 108.83mg (36.28%), Sodium: 952.31mg (41.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.84%), Selenium: 43µg (61.42%), Phosphorus: 456.91mg (45.69%), Vitamin B3: 8.81mg (44.03%), Manganese: 0.84mg (42.11%), Calcium: 401.61mg (40.16%), Vitamin B1: 0.55mg (36.53%), Vitamin B2: 0.54mg (31.6%), Folate: 125.9µg (31.48%), Zinc: 4.14mg (27.62%), Iron: 4.62mg (25.68%), Vitamin B6: 0.49mg (24.75%), Copper: 0.37mg (18.71%), Vitamin A: 842.63IU (16.85%), Magnesium: 63.61mg (15.9%), Fiber: 3.94g (15.78%), Vitamin E: 2.27mg (15.14%), Vitamin B12: 0.91µg (15.13%), Potassium: 486.89mg (13.91%), Vitamin B5: 1.39mg (13.85%), Vitamin K: 3.17µg (3.02%), Vitamin D: 0.45µg (3%), Vitamin C: 2.47mg (3%)