



Next-Day Chicken Bake



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 0.8 cup celery chopped
- ☐ 1 cup meat from a rotisserie chicken diced cooked
- ☐ 1 cup rice prepared
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 2 to 3 eggs peeled chopped
- ☐ 1 green onion chopped
- ☐ 1 teaspoons juice of lemon

- ☐ 0.5 cup mayonnaise
- ☐ 1 cup potato chips crushed
- ☐ 0.5 teaspoon salt

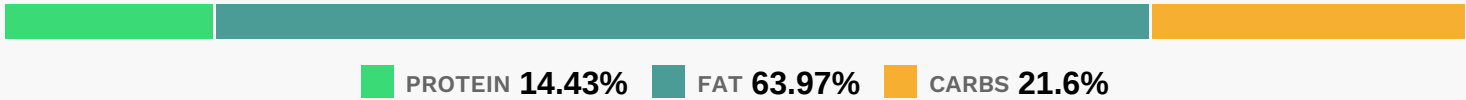
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Combine all ingredients except potato chips in a 2-quart casserole dish; cover and chill overnight.
- ☐ Sprinkle with potato chips.
- ☐ Bake, uncovered, at 375 degrees for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:12.25, Inflammation Score:-5, Nutrition Score:17.933913189432%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 546.82kcal (27.34%), Fat: 39.02g (60.03%), Saturated Fat: 6.61g (41.34%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 27.17g (9.88%), Sugar: 1.07g (1.19%), Cholesterol: 123.66mg (41.22%), Sodium: 1194.27mg (51.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.61%), Vitamin K: 62.16µg (59.2%),

Manganese: 0.8mg (39.98%), Vitamin E: 5.73mg (38.22%), Selenium: 19.96µg (28.52%), Vitamin B3: 5.03mg (25.16%), Phosphorus: 236.98mg (23.7%), Vitamin B5: 2.04mg (20.41%), Vitamin B2: 0.34mg (20.13%), Vitamin B6: 0.39mg (19.59%), Copper: 0.37mg (18.6%), Potassium: 605.31mg (17.29%), Zinc: 2.44mg (16.25%), Magnesium: 60.63mg (15.16%), Iron: 2.17mg (12.05%), Fiber: 2.47g (9.88%), Folate: 39.09µg (9.77%), Vitamin B1: 0.13mg (8.4%), Vitamin B12: 0.45µg (7.55%), Vitamin C: 6.22mg (7.55%), Calcium: 64.25mg (6.43%), Vitamin A: 266.45IU (5.33%), Vitamin D: 0.5µg (3.31%)