



Oh-So-Good Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces chicken breast halves diced boneless cooked
- ☐ 2 cups rice white cooked
- ☐ 2 cups mushrooms fresh sliced
- ☐ 4 teaspoons olive oil
- ☐ 16 ounce salsa
- ☐ 4 ounces cheddar cheese shredded
- ☐ 6 tablespoons cup heavy whipping cream sour

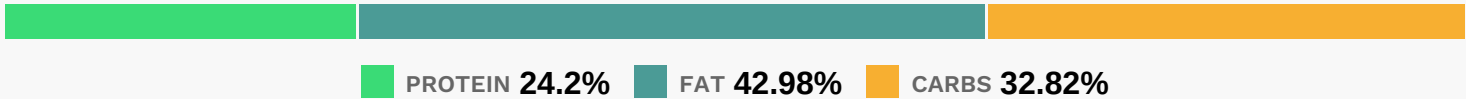
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ In a skillet, heat oil over medium heat.
- ☐ Saute mushrooms.
- ☐ Combine mushrooms, sour cream, cheese, salsa, rice, and chicken.
- ☐ Place in a greased casserole dish.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:16.3, Inflammation Score:-5, Nutrition Score:12.625652038533%

Nutrients (% of daily need)

Calories: 264.97kcal (13.25%), Fat: 12.8g (19.69%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 20.1g (7.31%), Sugar: 4.01g (4.46%), Cholesterol: 50.17mg (16.72%), Sodium: 669.28mg (29.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.43%), Selenium: 25.49µg (36.42%), Vitamin B3: 6.18mg (30.88%), Vitamin B6: 0.52mg (25.82%), Phosphorus: 249.42mg (24.94%), Manganese: 0.36mg (17.9%), Vitamin B2: 0.3mg (17.71%), Calcium: 175.05mg (17.51%), Vitamin B5: 1.49mg (14.94%), Potassium: 484.68mg (13.85%), Vitamin A: 638.35IU (12.77%), Vitamin E: 1.59mg (10.6%), Copper: 0.21mg (10.29%), Zinc: 1.53mg (10.19%), Magnesium: 36.67mg (9.17%), Fiber: 1.89g (7.57%), Vitamin B1: 0.09mg (6.33%), Vitamin K: 5.49µg (5.23%), Vitamin B12: 0.31µg (5.23%), Iron: 0.78mg (4.31%), Folate: 16.24µg (4.06%), Vitamin C: 2.67mg (3.24%), Vitamin D: 0.22µg (1.43%)