



One Dish Chicken and Rice Bake



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon paprika
- ☐ 0.8 cup regular rice long-grain white uncooked
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 cup water

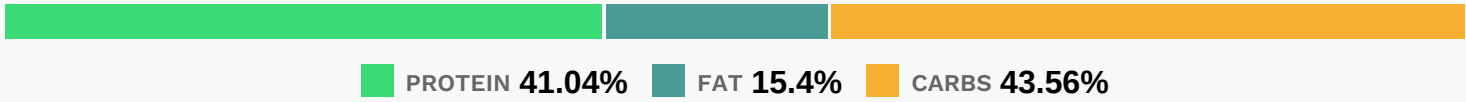
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix soup, water, rice, paprika and black pepper in 2-quart shallow baking dish. Top with chicken. Season with additional paprika and pepper. Cover.
- ☐ Bake at 375 degrees F 45 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:16.71, Inflammation Score:-3, Nutrition Score:15.351304316002%

Nutrients (% of daily need)

Calories: 302.57kcal (15.13%), Fat: 5g (7.7%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 31.16g (11.33%), Sugar: 0.06g (0.06%), Cholesterol: 76.13mg (25.38%), Sodium: 676.06mg (29.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Vitamin B3: 13.04mg (65.2%), Selenium: 41.41µg (59.16%), Vitamin B6: 0.94mg (46.84%), Manganese: 0.64mg (32.04%), Phosphorus: 299.88mg (29.99%), Vitamin B5: 2.11mg (21.12%), Potassium: 558.5mg (15.96%), Copper: 0.27mg (13.56%), Zinc: 1.88mg (12.56%), Magnesium: 44.41mg (11.1%), Vitamin B2: 0.18mg (10.44%), Vitamin B1: 0.11mg (7.49%), Iron: 1.27mg (7.04%), Vitamin B12: 0.35µg (5.8%), Folate: 12.71µg (3.18%), Fiber: 0.68g (2.71%), Calcium: 21.02mg (2.1%), Vitamin E: 0.29mg (1.94%), Vitamin A: 96.15IU (1.92%), Vitamin C: 1.36mg (1.64%)