



One-Dish Chicken, Vegetable and Rice Bake

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup fat free 98% canned
- ☐ 6 servings paprika
- ☐ 6 ounce seasoned rice vinegar long-grain wild
- ☐ 1 cup cheddar cheese shredded
- ☐ 6 chicken breast halves boneless skinless
- ☐ 16 ounce water chestnuts frozen (broccoli, carrots, water chestnuts)
- ☐ 1 cup water

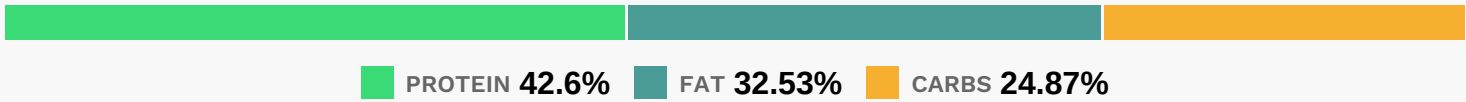
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix soup, water, rice, seasoning mix, vegetables and half the cheese in 3-quart shallow baking dish. Top with chicken.
- ☐ Sprinkle with paprika. Cover.
- ☐ Bake at 375 degrees F for 1 hour or until done.
- ☐ Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:19.043043364649%

Nutrients (% of daily need)

Calories: 306.35kcal (15.32%), Fat: 10.87g (16.73%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 14.96g (5.44%), Sugar: 3.18g (3.54%), Cholesterol: 93.69mg (31.23%), Sodium: 627.34mg (27.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.08%), Vitamin B3: 12.88mg (64.39%), Selenium: 42.59µg (60.84%), Vitamin B6: 1.11mg (55.5%), Phosphorus: 368.38mg (36.84%), Vitamin A: 1207.69IU (24.15%), Vitamin B5: 2mg (20.02%), Potassium: 681.87mg (19.48%), Manganese: 0.34mg (17.02%), Vitamin B2: 0.28mg (16.46%), Zinc: 2.44mg (16.3%), Calcium: 152.83mg (15.28%), Fiber: 3.75g (14.99%), Copper: 0.28mg (13.93%), Iron: 2.26mg (12.57%), Magnesium: 48.31mg (12.08%), Vitamin E: 1.53mg (10.18%), Vitamin B12: 0.51µg (8.45%), Vitamin B1: 0.11mg (7.16%), Folate: 19.81µg (4.95%), Vitamin C: 2.89mg (3.5%), Vitamin K: 2.51µg (2.39%), Vitamin D: 0.23µg (1.51%)