



Oyster-and-Chicken Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs soft
- ☐ 0.3 cup butter
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons butter melted
- ☐ 14.5 ounce chicken broth canned
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 3 cups rice long-grain cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced

- ☐ 12 ounce dozens oysters fresh drained well
- ☐ 1 cup peas sweet green frozen thawed
- ☐ 0.5 teaspoon pepper
- ☐ 2 ounce pimientos diced drained
- ☐ 0.5 teaspoon salt
- ☐ 1 cup whipping cream

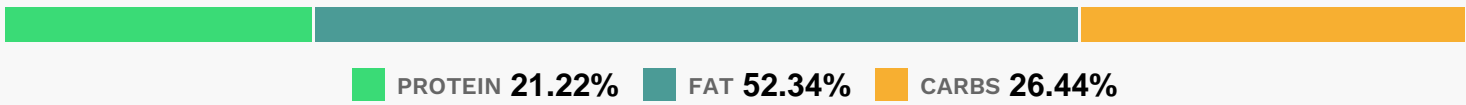
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Melt 2 tablespoons butter in a large skillet; add mushrooms, and saut until tender; drain well. Return mushrooms to skillet; add chicken and next 3 ingredients.
- ☐ Melt 1/3 cup butter in a heavy saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in broth and whipping cream; cook over medium heat, whisking constantly, until thickened and bubbly. Stir in salt and pepper.
- ☐ Add to chicken mixture, stirring gently. Spoon half of chicken mixture into a lightly greased 13-x 9-inch baking dish. Top with oysters and remaining chicken mixture.
- ☐ Stir together 2 tablespoons melted butter and breadcrumbs; sprinkle over casserole.
- ☐ Bake at 350 for 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:21.86, Inflammation Score:-8, Nutrition Score:18.010000052659%

Nutrients (% of daily need)

Calories: 547.69kcal (27.38%), Fat: 31.68g (48.73%), Saturated Fat: 11.65g (72.81%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 33.51g (12.19%), Sugar: 3.6g (4%), Cholesterol: 87.26mg (29.09%), Sodium: 689.18mg (29.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.89g (57.78%), Selenium: 32.39µg (46.27%), Vitamin B3: 6.95mg (34.75%), Zinc: 4.47mg (29.81%), Vitamin A: 1460.72IU (29.21%), Manganese: 0.57mg (28.43%), Phosphorus: 270mg (27%), Vitamin B2: 0.4mg (23.52%), Vitamin B6: 0.41mg (20.36%), Vitamin B1: 0.29mg (19.08%), Copper: 0.38mg (19.07%), Vitamin C: 15.43mg (18.7%), Vitamin B12: 1.11µg (18.5%), Iron: 2.9mg (16.09%), Vitamin B5: 1.21mg (12.13%), Folate: 47.3µg (11.83%), Potassium: 403.09mg (11.52%), Magnesium: 43.76mg (10.94%), Fiber: 2.5g (9.99%), Vitamin K: 8.51µg (8.1%), Calcium: 76.41mg (7.64%), Vitamin E: 1.11mg (7.4%), Vitamin D: 0.58µg (3.89%)