



## Poppy Seed Poultry Casserole

READY IN



70 min.

SERVINGS



8

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup butter melted
- 1.5 cups buttery round crackers crushed
- 4 cups chicken meat cubed cooked
- 10.8 ounce cream of chicken soup canned
- 1 teaspoon dill weed dried
- 1 tablespoon poppy seeds
- 8 ounce cup heavy whipping cream sour
- 2 cups water
- 1 cup rice long grain white uncooked

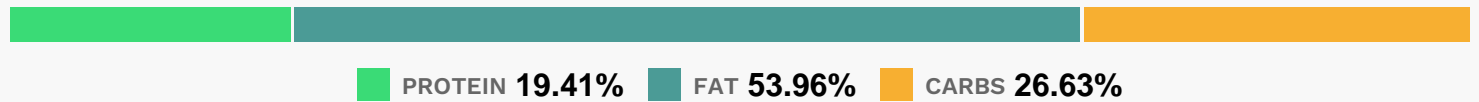
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Combine water and rice in a saucepan, and bring to a boil. Reduce heat, cover, and simmer for 20 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a large bowl, mix the soup, sour cream, poppy seeds, and dill. Stir in the chicken and cooked rice.
- Spread the mixture into the prepared baking dish. In a small bowl, mix the cracker crumbs and butter; sprinkle over the casserole.
- Bake in the preheated oven for 30 minutes.
- Let cool for 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.9, Glycemic Load:12.31, Inflammation Score:-5, Nutrition Score:11.323913084424%

## Nutrients (% of daily need)

Calories: 455.02kcal (22.75%), Fat: 27.08g (41.66%), Saturated Fat: 12.77g (79.84%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 29.27g (10.64%), Sugar: 2.16g (2.4%), Cholesterol: 102.78mg (34.26%), Sodium: 523.83mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.83%), Selenium: 23.3µg (33.28%), Vitamin B3: 6.63mg (33.15%), Phosphorus: 238.93mg (23.89%), Manganese: 0.43mg (21.68%), Vitamin B6: 0.35mg (17.43%), Vitamin A: 636.51IU (12.73%), Vitamin B2: 0.22mg (12.68%), Iron: 2.13mg (11.85%), Vitamin B5: 1.14mg (11.44%), Zinc: 1.7mg (11.34%), Copper: 0.19mg (9.35%), Calcium: 89.75mg (8.98%), Vitamin B1: 0.13mg (8.72%), Vitamin K: 8.63µg (8.22%), Magnesium: 32.32mg (8.08%), Potassium: 270.01mg (7.71%), Vitamin E: 1.08mg (7.2%), Vitamin B12: 0.29µg (4.78%), Folate: 17.26µg (4.32%), Fiber: 0.8g (3.18%)