



Retro Chicken and Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



760 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 0.5 cup onion chopped
- 8.8 oz rice
- 3 cups roasted chicken cooked chopped
- 1.5 cups peas sweet frozen (from 12-oz bag)
- 6 oz sharp cheddar cheese shredded
- 1 cup mayonnaise
- 10.8 oz cream of chicken soup canned

- 8 oz water chestnuts drained sliced canned
- 4 oz pimientos drained sliced
- 3 cups potato chips crushed

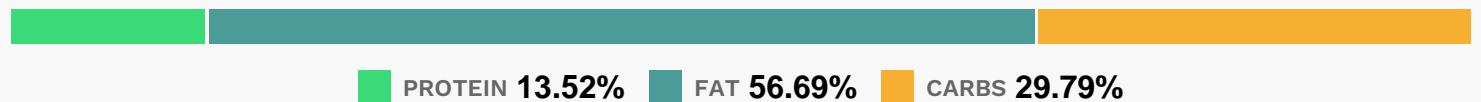
Equipment

- bowl
- frying pan
- oven
- baking pan
- microwave
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 8-inch skillet, melt butter over medium heat. Cook onion in butter 5 minutes, stirring frequently, until tender.
- Meanwhile, cook rice in microwave as directed on package.
- In large bowl, gently toss onion, rice, chicken, peas, cheese, mayonnaise, soup, water chestnuts and pimientos. Spoon mixture into baking dish. Top with potato chips.
- Bake uncovered 20 to 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:43.44, Glycemic Load:17.91, Inflammation Score:-7, Nutrition Score:23.319565057755%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 759.71kcal (37.99%), Fat: 47.93g (73.74%), Saturated Fat: 11.93g (74.58%), Carbohydrates: 56.67g (18.89%), Net Carbohydrates: 52.12g (18.95%), Sugar: 4.1g (4.56%), Cholesterol: 82.97mg (27.66%), Sodium: 823.27mg (35.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.43%), Vitamin K: 63.35µg (60.33%), Vitamin C: 33.85mg (41.03%), Manganese: 0.77mg (38.65%), Selenium: 26.72µg (38.17%), Vitamin B3: 7.16mg (35.81%), Phosphorus: 345.08mg (34.51%), Vitamin E: 5.09mg (33.94%), Vitamin B6: 0.62mg (30.91%), Vitamin B5: 2.53mg (25.3%), Potassium: 740.52mg (21.16%), Vitamin A: 994.09IU (19.88%), Zinc: 2.98mg (19.84%), Calcium: 192.25mg (19.23%), Fiber: 4.54g (18.18%), Vitamin B2: 0.3mg (17.53%), Copper: 0.34mg (16.93%), Iron: 2.89mg (16.05%), Magnesium: 59.75mg (14.94%), Vitamin B1: 0.22mg (14.74%), Folate: 44.21µg (11.05%), Vitamin B12: 0.42µg (6.95%), Vitamin D: 0.18µg (1.22%)