



Rice and Chicken Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



750 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 pound meat from a rotisserie chicken cut into pieces
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 ounce onion soup mix dry
- ☐ 10.8 ounce milk canned
- ☐ 1 cup rice white uncooked

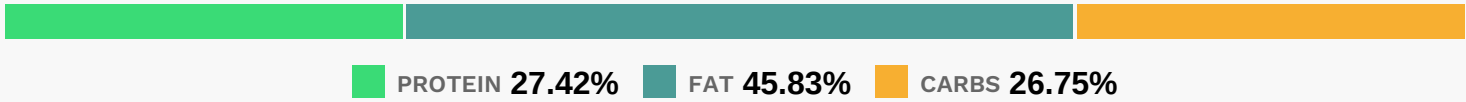
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Combine the rice, mushroom soup, dry onion soup mix and milk.
- ☐ Mix together.
- ☐ Place rice mixture in a 9x13 inch baking dish.
- ☐ Place chicken pieces on top of rice mixture and bake, uncovered, in the preheated oven for 3 hours or until rice is tender (turn chicken once).

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:23.61, Inflammation Score:-5, Nutrition Score:23.029564805653%

Nutrients (% of daily need)

Calories: 749.88kcal (37.49%), Fat: 37.39g (57.52%), Saturated Fat: 11.8g (73.78%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 47.89g (17.41%), Sugar: 4.05g (4.5%), Cholesterol: 176.25mg (58.75%), Sodium: 1293.04mg (56.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.33g (100.66%), Vitamin B3: 16.42mg (82.09%), Selenium: 40.14µg (57.34%), Phosphorus: 487.24mg (48.72%), Vitamin B6: 0.96mg (47.8%), Manganese: 0.82mg (41.17%), Zinc: 4.59mg (30.57%), Vitamin B5: 2.94mg (29.4%), Vitamin B2: 0.45mg (26.72%), Potassium: 726.07mg (20.74%), Vitamin B12: 1.21µg (20.14%), Copper: 0.38mg (19.22%), Magnesium: 73.84mg (18.46%), Iron: 2.95mg (16.4%), Vitamin B1: 0.24mg (16.05%), Calcium: 143.8mg (14.38%), Vitamin A: 429.3IU (8.59%), Vitamin D: 1.27µg (8.49%), Folate: 22.1µg (5.52%), Vitamin E: 0.75mg (5.01%), Fiber: 1.22g (4.89%), Vitamin C: 3.72mg (4.51%), Vitamin K: 3.64µg (3.47%)