



Salsa Chicken and Rice Casserole



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



5

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz enchilada sauce red canned
- ☐ 1 cup rice white uncooked
- ☐ 1 cup salsa thick
- ☐ 21.5 oz campbell's® condensed cream of celery soup canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 5 chicken breast halves bone-in with skin

Equipment

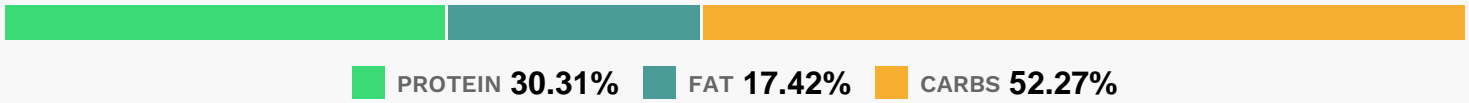
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 325°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Reserve 2 tablespoons enchilada sauce for brushing on chicken. In large bowl, mix remaining enchilada sauce, the uncooked rice, salsa, soup and beans; pour into baking dish.
- ☐ Arrange chicken, skin side up, over rice mixture. Cover tightly with foil.
- ☐ Bake 1 hour. Uncover; brush chicken with reserved 2 tablespoons enchilada sauce.
- ☐ Bake uncovered 1 hour longer or until chicken is fork-tender, its juices run clear and skin is slightly crisp.

Nutrition Facts



Properties

Glycemic Index:12.24, Glycemic Load:17.81, Inflammation Score:-8, Nutrition Score:25.233043380406%

Nutrients (% of daily need)

Calories: 466.79kcal (23.34%), Fat: 8.95g (13.77%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 60.46g (20.15%), Net Carbohydrates: 51.48g (18.72%), Sugar: 7.45g (8.28%), Cholesterol: 85.73mg (28.58%), Sodium: 1921.24mg (83.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.06g (70.12%), Vitamin B3: 13.81mg (69.05%), Selenium: 45.51µg (65.02%), Vitamin B6: 1.06mg (52.88%), Manganese: 0.92mg (46.01%), Phosphorus: 424.91mg (42.49%), Fiber: 8.98g (35.92%), Vitamin B5: 3.37mg (33.68%), Potassium: 976.22mg (27.89%), Copper: 0.45mg (22.34%), Vitamin K: 23.41µg (22.3%), Magnesium: 82.29mg (20.57%), Vitamin A: 1008.85IU (20.18%), Iron: 3.5mg (19.43%), Vitamin B1: 0.26mg (17.57%), Vitamin B2: 0.3mg (17.49%), Vitamin E: 2.58mg (17.23%), Folate: 63.88µg (15.97%), Zinc: 1.77mg (11.79%), Calcium: 99.35mg (9.93%), Vitamin C: 6.02mg (7.29%), Vitamin B12: 0.27µg (4.58%)