



Salsa Chicken Rice Casserole



Gluten Free



Popular

READY IN



80 min.

SERVINGS



8

CALORIES



475 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 cups monterrey jack cheese shredded
- ☐ 1 onion chopped
- ☐ 1.5 cups mild salsa
- ☐ 2 cups cheddar cheese shredded
- ☐ 4 chicken breast halves boneless skinless
- ☐ 2.7 cups water

☐ 1.3 cups rice white uncooked

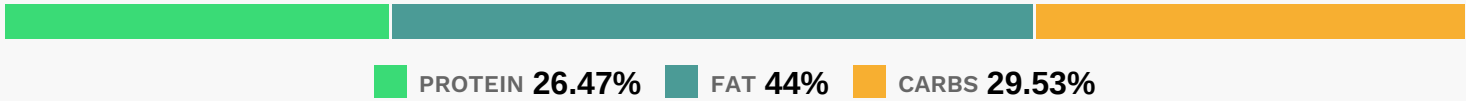
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes.
- ☐ Meanwhile, place chicken breast halves into a large saucepan, and fill the pan with water. Bring to a boil, and cook for 20 minutes, or until done.
- ☐ Remove chicken from water. When cool enough to handle, cut meat into bite-size pieces.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ In a medium bowl, combine Monterey Jack and Cheddar cheeses. In a separate bowl, mix together cream of chicken soup, cream of mushroom soup, onion, and salsa.
- ☐ Layer 1/2 of the rice, 1/2 of the chicken, 1/2 of the soup and salsa mixture, and 1/2 of the cheese mixture in prepared dish. Repeat layers, ending with cheese.
- ☐ Bake in preheated oven for about 40 minutes, or until bubbly.

Nutrition Facts



Properties

Glycemic Index:23.15, Glycemic Load:16.53, Inflammation Score:-6, Nutrition Score:17.982608484185%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 474.74kcal (23.74%), Fat: 23.05g (35.46%), Saturated Fat: 12.32g (76.97%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 33.22g (12.08%), Sugar: 2.92g (3.24%), Cholesterol: 94.5mg (31.5%), Sodium: 1283.15mg (55.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.42%), Selenium: 36.06µg (51.51%), Phosphorus: 451.37mg (45.14%), Calcium: 447.97mg (44.8%), Vitamin B3: 7.48mg (37.41%), Vitamin B6: 0.63mg (31.65%), Manganese: 0.56mg (28.14%), Vitamin B2: 0.37mg (21.53%), Zinc: 3.21mg (21.38%), Vitamin A: 820.86IU (16.42%), Vitamin B5: 1.55mg (15.55%), Potassium: 501.66mg (14.33%), Copper: 0.28mg (13.8%), Magnesium: 51.32mg (12.83%), Vitamin B12: 0.71µg (11.8%), Iron: 1.61mg (8.94%), Vitamin E: 1.23mg (8.2%), Vitamin B1: 0.11mg (7.08%), Fiber: 1.59g (6.35%), Folate: 23.74µg (5.93%), Vitamin K: 5.19µg (4.95%), Vitamin C: 2.66mg (3.22%), Vitamin D: 0.4µg (2.64%)