



## Salsa Verde Chicken Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 avocados ripe
- 4 oz chiles green chopped canned
- 2 cups chicken breast cooked chopped
- 10.8 oz cream of chicken soup reduced-fat canned
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon juice of lime fresh
- 4 oz monterrey jack cheese grated
- 7 oz boil-in-bag rice

- 0.8 cup salsa verde
- 1 cup cup heavy whipping cream light sour
- 8 servings topping: tomatoes chopped

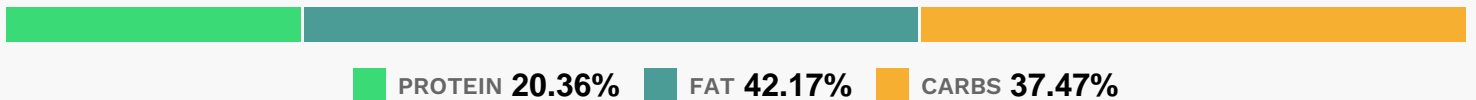
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 35
- Prepare rice according to package directions.
- Meanwhile, cut avocados in half. Scoop avocado pulp into a medium bowl, and mash with salsa verde, chopped green chiles, and lime juice. Stir in hot cooked rice.
- Stir together chicken, soup, and sour cream in a small saucepan over low heat; cook, stirring occasionally, 5 minutes or until blended and slightly heated.
- Spoon rice mixture into a lightly greased 13- x 9-inch baking dish; spoon chicken mixture over rice.
- Sprinkle with Monterey Jack cheese.
- Bake at 350 for 30 minutes or until cheese is melted and casserole is bubbly.
- Sprinkle with chopped cilantro. Top with chopped tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:30.15, Glycemic Load:15.34, Inflammation Score:-9, Nutrition Score:20.423912945001%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

## Nutrients (% of daily need)

Calories: 400.77kcal (20.04%), Fat: 19.07g (29.34%), Saturated Fat: 6.77g (42.34%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 32.02g (11.64%), Sugar: 6.79g (7.55%), Cholesterol: 55.48mg (18.49%), Sodium: 624.69mg (27.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.42%), Vitamin C: 36.22mg (43.91%), Vitamin A: 2010.72IU (40.21%), Vitamin B3: 7.41mg (37.07%), Manganese: 0.58mg (29.03%), Vitamin B6: 0.56mg (27.93%), Phosphorus: 274.68mg (27.47%), Potassium: 941.28mg (26.89%), Vitamin K: 27.28µg (25.98%), Selenium: 17.32µg (24.75%), Fiber: 6.1g (24.4%), Folate: 85.47µg (21.37%), Calcium: 193.27mg (19.33%), Copper: 0.33mg (16.6%), Vitamin E: 2.47mg (16.46%), Vitamin B5: 1.57mg (15.65%), Vitamin B2: 0.26mg (15.5%), Magnesium: 59.69mg (14.92%), Zinc: 1.94mg (12.95%), Iron: 2.04mg (11.35%), Vitamin B1: 0.16mg (10.84%), Vitamin B12: 0.36µg (5.96%), Vitamin D: 0.18µg (1.18%)