

Southwest Chicken Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



695 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce chicken chunks drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 tablespoons onion dried minced
- ☐ 4 ounce chiles diced green canned
- ☐ 2 cups rice instant
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups cheddar cheese shredded
- ☐ 1.3 cups water

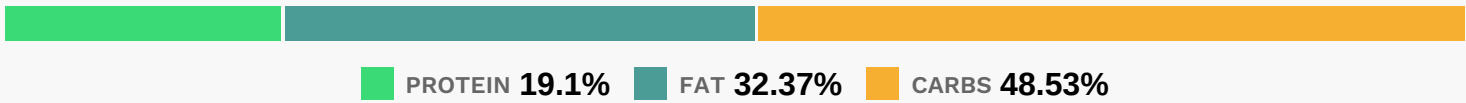
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ casserole dish
- ☐ microwave

Directions

- ☐ In a large bowl, combine the chicken, chiles, soup, cheese, onions, salt, pepper and water and pour the mixture into a microwave safe 9x13 inch casserole dish.
- ☐ Add the rice. The mixture should be the consistency of soupy pancake batter.
- ☐ Cover the dish with a lid or plastic wrap and microwave for about 15 minutes (depending on the microwave).
- ☐ Serve with mexicorn and green salad if desired.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:44.89, Inflammation Score:-6, Nutrition Score:19.511304399242%

Nutrients (% of daily need)

Calories: 694.86kcal (34.74%), Fat: 24.61g (37.86%), Saturated Fat: 12.74g (79.6%), Carbohydrates: 83g (27.67%), Net Carbohydrates: 80.93g (29.43%), Sugar: 1.23g (1.37%), Cholesterol: 78.03mg (26.01%), Sodium: 1395.68mg (60.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.66g (65.32%), Manganese: 1.28mg (63.79%), Selenium: 36.69µg (52.41%), Calcium: 452.33mg (45.23%), Phosphorus: 452.15mg (45.22%), Zinc: 4.89mg (32.58%), Vitamin B2: 0.39mg (22.74%), Copper: 0.41mg (20.73%), Vitamin B6: 0.36mg (18.13%), Vitamin B12: 1.08µg (17.92%), Vitamin B3: 3.25mg (16.24%), Vitamin C: 11.57mg (14.02%), Vitamin B5: 1.37mg (13.74%), Magnesium: 54.62mg (13.66%), Vitamin A: 665.02IU (13.3%), Iron: 2.24mg (12.45%), Folate: 44.77µg (11.19%), Potassium: 372.72mg (10.65%), Fiber: 2.07g (8.27%), Vitamin B1: 0.11mg (7.45%), Vitamin E: 0.64mg (4.29%), Vitamin D: 0.37µg (2.5%), Vitamin K: 2.36µg (2.25%)