



## Southwest Three Cheese Chicken Bake

READY IN



50 min.

SERVINGS



50

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz take southwest three cheese recipe cheese breadcrumb mix mixed fresh
- 2 cups rice long-grain white cooked
- 1 cup knudsen cream light sour
- 10 oz chicken broth fat-free reduced-sodium canned
- 7 oz roasted peppers red drained chopped
- 2 cups meat from a rotisserie chicken shredded cooked

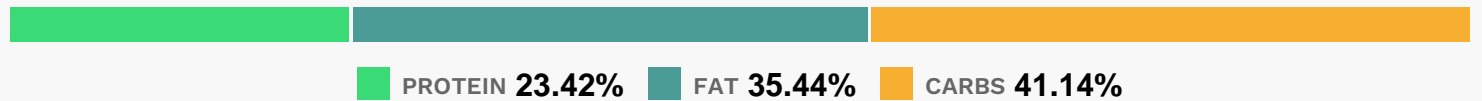
### Equipment

- oven

## Directions

- Heat oven to 350F.
- Reserve 1 cup cheese mixture.
- Combine remaining cheese mixture with remaining ingredients; spoon into 1-1/2-qt. casserole sprayed with cooking spray. Top with reserved cheese mixture.
- Bake 20 to 25 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:2.18, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:1.0660869466222%

## Nutrients (% of daily need)

Calories: 34.09kcal (1.7%), Fat: 1.33g (2.05%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.34g (1.21%), Sugar: 0.02g (0.02%), Cholesterol: 6.8mg (2.27%), Sodium: 98.53mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Selenium: 2.13µg (3.04%), Vitamin B3: 0.52mg (2.62%), Vitamin C: 1.92mg (2.33%), Manganese: 0.04mg (1.89%), Vitamin B6: 0.04mg (1.88%), Phosphorus: 18.15mg (1.82%), Iron: 0.23mg (1.25%), Potassium: 39.46mg (1.13%), Calcium: 10.22mg (1.02%)