



Teriyaki Chicken Casserole

 Dairy Free

READY IN



36 min.

SERVINGS



36

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 stalks celery thinly sliced
- 0.5 cup chow mein noodles
- 2 cups rice long-grain white hot cooked
- 10 oz philadelphia original cooking creme
- 3 green onions thinly sliced
- 8 oz dole pineapple tidbits drained well canned
- 0.5 cup pasilla peppers red chopped
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

- 0.3 cup teriyaki sauce divided
- 0.5 cup onions yellow chopped

Equipment

- frying pan
- oven

Directions

- Heat oven to 375 F.
- Cook and stir chicken, celery, yellow onions, peppers and 2 Tbsp. teriyaki sauce in large nonstick skillet on medium heat 5 to 6 min. or until chicken is evenly browned and vegetables are crisp-tender. Stir in cooking creme, remaining teriyaki sauce, rice and pineapple.
- Spoon into 2-qt. casserole sprayed with cooking spray.
- Bake 15 to 20 min. or until heated through; top with noodles and green onions.

Nutrition Facts

PROTEIN 29.71% **FAT 7.98%** **CARBS 62.31%**

Properties

Glycemic Index:6.44, Glycemic Load:2.75, Inflammation Score:-1, Nutrition Score:2.2704347806132%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 49.14kcal (2.46%), Fat: 0.43g (0.66%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 7.13g (2.59%), Sugar: 2.53g (2.81%), Cholesterol: 8.06mg (2.69%), Sodium: 114.96mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin B3: 1.43mg (7.14%), Selenium: 4.77µg (6.81%), Vitamin B6: 0.12mg (6.01%), Vitamin C: 3.81mg (4.62%), Phosphorus: 35.84mg (3.58%), Vitamin K: 2.9µg (2.76%), Manganese: 0.05mg (2.67%), Vitamin B5: 0.23mg (2.33%), Potassium: 78.23mg (2.24%), Magnesium: 7.49mg (1.87%), Vitamin A: 91.72IU (1.83%), Fiber: 0.44g (1.75%), Iron: 0.26mg (1.43%), Vitamin B1: 0.02mg (1.33%), Vitamin B2: 0.02mg (1.23%), Copper: 0.02mg (1.08%), Folate: 4.06µg (1.01%)