



The Best Artichoke Chicken Buffet

 Gluten Free

READY IN



140 min.

SERVINGS



16

CALORIES



420 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce artichoke hearts drained canned
- ☐ 10 slices bacon thick
- ☐ 1 cup butter
- ☐ 2 cups carrots julienned
- ☐ 3 cups rotisserie chicken breast meat cubed cooked
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 10 mushrooms fresh sliced
- ☐ 0.5 cup heavy cream

- ☐ 1 small onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cooking sherry
- ☐ 3 cups mozzarella cheese shredded
- ☐ 5 cups water
- ☐ 1.7 cups rice wild uncooked

Equipment

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

Directions

- ☐ Combine wild rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and simmer for 40 to 50 minutes.
- ☐ Place bacon in a large, deep skillet. Cook over medium-high heat until evenly browned.
- ☐ Drain, crumble, and set aside.
- ☐ In a large saucepan, melt butter over medium heat. Cook onion and mushrooms in butter until soft. Stir in soup, cream, sherry, and salt; cook until hot.
- ☐ Preheat oven to 350 degrees F (175 degrees C), and lightly grease a 9x13 inch baking dish. In a large bowl, mix together cooked bacon, soup mixture, chicken meat, artichoke hearts, carrots, and mozzarella cheese.
- ☐ Spread cooked rice in the bottom of the baking dish, then spread chicken and artichoke mixture over rice. Top with Parmesan cheese.
- ☐ Cover, and bake in preheated oven for 30 minutes.
- ☐ Remove cover, and bake for an additional 30 minutes.

Nutrition Facts

PROTEIN 18.94% FAT 61.1% CARBS 19.96%

Properties

Glycemic Index:18.55, Glycemic Load:8.43, Inflammation Score:-9, Nutrition Score:14.208695608637%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 419.69kcal (20.98%), Fat: 28.18g (43.35%), Saturated Fat: 14.79g (92.41%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 18.27g (6.64%), Sugar: 2.71g (3.01%), Cholesterol: 91.29mg (30.43%), Sodium: 975.72mg (42.42%), Alcohol: 0.77g (100%), Alcohol %: 0.32% (100%), Protein: 19.66g (39.32%), Vitamin A: 3375.5IU (67.51%), Vitamin B3: 6.08mg (30.4%), Phosphorus: 274.56mg (27.46%), Selenium: 16.89µg (24.13%), Zinc: 2.37mg (15.78%), Vitamin B6: 0.32mg (15.77%), Manganese: 0.3mg (15.23%), Calcium: 151.28mg (15.13%), Vitamin B2: 0.25mg (14.57%), Magnesium: 50.81mg (12.7%), Vitamin B12: 0.7µg (11.65%), Copper: 0.22mg (10.97%), Fiber: 2.44g (9.78%), Potassium: 316.26mg (9.04%), Vitamin B5: 0.89mg (8.91%), Vitamin B1: 0.11mg (7.5%), Iron: 1.31mg (7.28%), Vitamin E: 1.03mg (6.84%), Folate: 26µg (6.5%), Vitamin K: 5.86µg (5.58%), Vitamin D: 0.32µg (2.11%), Vitamin C: 1.61mg (1.96%)