



Veggie Chicken Rice Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup round buttery crackers crushed
- 21.5 ounce cream of chicken soup canned
- 2 cups rice cooked
- 16 ounce savory vegetable mixed frozen thawed
- 0.7 cup water
- 1 roasted chicken whole cooked cut into pieces

Equipment

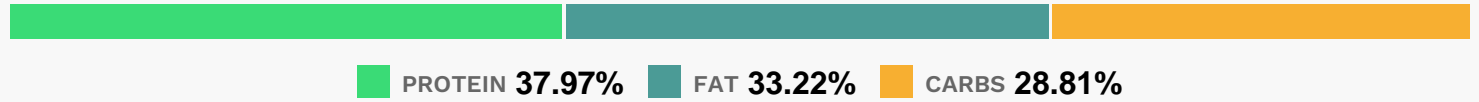
- bowl

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine the soup, chicken, cooked vegetables, cooked rice and water.
- Mix well and spread mixture in a 9x13 inch baking dish.
- Sprinkle crushed cracker crumbs on top and bake in the preheated oven for about 15 to 20 minutes.
- Let cool 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:22.29, Inflammation Score:-10, Nutrition Score:23.443912817084%

Nutrients (% of daily need)

Calories: 500.08kcal (25%), Fat: 18.17g (27.95%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 32.11g (11.68%), Sugar: 0.98g (1.09%), Cholesterol: 128.13mg (42.71%), Sodium: 914.6mg (39.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.73g (93.46%), Vitamin A: 4089.39IU (81.79%), Vitamin B3: 14.41mg (72.04%), Selenium: 45.77µg (65.39%), Phosphorus: 419.59mg (41.96%), Vitamin B6: 0.78mg (39.03%), Manganese: 0.56mg (27.82%), Iron: 4.06mg (22.55%), Zinc: 3.36mg (22.39%), Vitamin B2: 0.37mg (21.55%), Vitamin B5: 2.1mg (20.97%), Potassium: 600.83mg (17.17%), Copper: 0.34mg (16.91%), Magnesium: 63.34mg (15.84%), Vitamin B1: 0.24mg (15.82%), Fiber: 3.35g (13.4%), Vitamin C: 7.96mg (9.65%), Folate: 37.14µg (9.28%), Vitamin B12: 0.46µg (7.73%), Calcium: 66.08mg (6.61%), Vitamin K: 6.66µg (6.35%), Vitamin E: 0.74mg (4.96%)