



WHATSheATE



Wild Rice Micro Chicken



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 4.5 ounce mushrooms sliced canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 ounce onion soup mix dry
- ☐ 2 teaspoons salt
- ☐ 2 chicken breast halves boneless skinless cut into bite size pieces
- ☐ 4 cups water
- ☐ 2 cups rice white uncooked
- ☐ 6 ounce rice wild

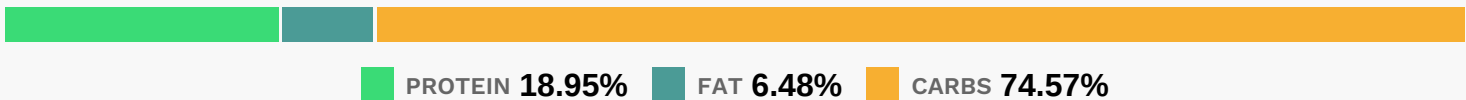
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ In a medium saucepan add salt to water and bring to a boil.
- ☐ Add uncooked rice and parboil for 10 minutes (to parboil is to partially cook by boiling briefly in water). Meanwhile, prepare wild rice according to package directions (do NOT drain); set aside.
- ☐ In a lightly greased 9x13 inch baking dish combine the cream of mushroom soup and dry onion soup mix. Slowly stir in the parboiled rice and cooked wild rice (with liquids).
- ☐ Add the mushrooms and chicken pieces, mix all together and spread evenly in baking dish. If desired, cover and store in refrigerator at this point.
- ☐ To Cook In Microwave: Cook on high for 15 minutes, stirring every 5 minutes. Cook until chicken is no longer pink and rice is cooked through.
- ☐ To Cook In Conventional Oven: Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bake dish in preheated oven for 30 to 45 minutes, until chicken and rice are cooked through.

Nutrition Facts



Properties

Glycemic Index:14.65, Glycemic Load:30.44, Inflammation Score:-3, Nutrition Score:11.694782613412%

Nutrients (% of daily need)

Calories: 314.53kcal (15.73%), Fat: 2.24g (3.44%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 58g (19.33%), Net Carbohydrates: 55.39g (20.14%), Sugar: 1.13g (1.25%), Cholesterol: 19.98mg (6.66%), Sodium: 1246.31mg (54.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.49%), Manganese: 0.94mg (47.15%), Vitamin B3: 5.77mg (28.84%), Selenium: 17.45µg (24.93%), Phosphorus: 233.63mg (23.36%), Vitamin B6: 0.42mg (20.81%),

Copper: 0.37mg (18.32%), Zinc: 2.52mg (16.81%), Magnesium: 64.92mg (16.23%), Vitamin B5: 1.33mg (13.32%), Fiber: 2.61g (10.45%), Potassium: 342.74mg (9.79%), Vitamin B2: 0.14mg (8.38%), Iron: 1.33mg (7.41%), Folate: 29.61µg (7.4%), Vitamin B1: 0.11mg (7.06%), Calcium: 31.08mg (3.11%), Vitamin B12: 0.12µg (1.96%), Vitamin E: 0.29mg (1.9%)