



## Zucchini, Chicken and Rice Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12 ounce breaded chicken tenders refrigerated frozen thawed cooked cut into bite-sized strips
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned
- 1 cup quick-cooking brown rice uncooked
- 7 ounce roasted peppers sweet whole drained thinly sliced
- 0.5 cup cup heavy whipping cream sour
- 10.8 ounce water canned
- 2 large zucchini thinly sliced cut in half lengthwise and

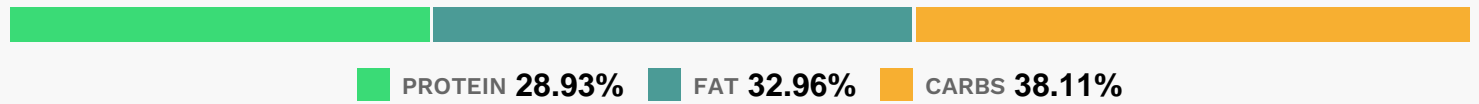
### Equipment

- bowl
- oven
- baking pan

## Directions

- Heat the oven to 375 degrees F. Spray a 3-quart shallow baking dish with the cooking spray.
- Stir the chicken, zucchini, peppers and rice in the baking dish.
- Stir the soup, water and sour cream in a small bowl.
- Pour the soup mixture over the chicken mixture. Cover the baking dish.
- Bake for 35 minutes or until the rice is tender.
- Let stand for 10 minutes. Stir the rice before serving.

## Nutrition Facts



## Properties

Glycemic Index:3.75, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:24.32913041374%

## Flavonoids

Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 326.82kcal (16.34%), Fat: 12.05g (18.53%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 28.27g (10.28%), Sugar: 6.06g (6.73%), Cholesterol: 79.77mg (26.59%), Sodium: 1198.77mg (52.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.59%), Vitamin C: 53.41mg (64.74%), Vitamin B3: 11.61mg (58.03%), Selenium: 38.12µg (54.46%), Vitamin B6: 1.03mg (51.71%), Manganese: 0.75mg (37.27%), Phosphorus: 319.97mg (32%), Folate: 112.47µg (28.12%), Potassium: 925.04mg (26.43%), Vitamin B5: 2.45mg (24.51%), Vitamin B1: 0.36mg (24.12%), Vitamin A: 1000.46IU (20.01%), Vitamin B2: 0.34mg (19.75%), Vitamin K: 20.67µg (19.69%), Iron: 3.06mg (17.03%), Magnesium: 67.1mg (16.77%), Copper: 0.31mg (15.73%), Fiber: 3.08g (12.3%), Calcium: 110.87mg (11.09%), Zinc: 1.6mg (10.67%), Vitamin E: 1.53mg (10.22%), Vitamin B12: 0.26µg (4.35%)