

# Cheesy Chicken & Rice Casserole

Walmart Ad

## Servings: 4

1 can (10-3/4 ounce) condensed  
cream of chicken soup  
1 1/3 cups water  
3/4 cup uncooked Uncle Ben's  
Converted brand original rice  
1/2 teaspoon onion powder  
1/4 teaspoon ground black pepper  
2 cups frozen mixed vegetables  
1 1/4 pounds skinless/ boneless  
chicken breast HALVES  
1/2 Cup (2 Ounce) Cheddar cheese,  
shredded

Preheat the oven to 375 degrees.

In an 11x8x2-inch baking dish, stir the soup,  
water, rice, onion powder, black pepper and  
vegetables.

Top the rice mixture with the chicken. Cover the  
baking dish.

Bake for 50 minutes or until the chicken is  
cooked through and the rice is tender.

Top with the cheese. Let the casserole stand for  
10 minutes.

Stir the rice before serving.

Start to Finish Time: 1 hour

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Per Serving (excluding unknown  
items): 175 Calories; 9g Fat (43.7%  
calories from fat); 8g Protein; 17g  
Carbohydrate; 4g Dietary Fiber;  
20mg Cholesterol; 627mg Sodium.  
Exchanges: 1/2 Grain(Starch); 1/2  
Lean Meat; 2 1/2 Vegetable; 1 1/2  
Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	175	Vitamin B6 (mg):	.1mg
% Calories from Fat:	43.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	38.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	30mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	20mg
<b>Carbohydrate (g):</b>	17g
<b>Dietary Fiber (g):</b>	4g
<b>Protein (g):</b>	8g
<b>Sodium (mg):</b>	627mg
<b>Potassium (mg):</b>	255mg
<b>Calcium (mg):</b>	145mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	3mg
<b>Vitamin A (i.u.):</b>	5051IU
<b>Vitamin A (r.e.):</b>	535 1/2RE

**% Daily Value\*** 0 0%

### Food Exchanges

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	2 1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 175 Calories from Fat: 76

### % Daily Values\*

<b>Total Fat</b> 9g	14%
Saturated Fat 4g	21%
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 627mg	26%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber 4g	15%
<b>Protein</b> 8g	
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<b>Vitamin A</b>	101%
<b>Vitamin C</b>	5%
<b>Calcium</b>	15%
<b>Iron</b>	7%

\* Percent Daily Values are based on a 2000 calorie diet.