

Everyone's Favorite Casserole

Gourmet Eating in South Carolina - (1985)

1 cup rice
2 packages (10 ounce ea) frozen
chopped broccoli
2 cans cream of chicken soup
1/2 can milk
1 pound processed cheese, chopped
instant minced onion (to taste)
3 - 5 cups cooked chicken or turkey,
diced

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Preheat the oven to 350 degrees.

Cook the rice according to package directions.
Spread on the bottom of a buttered three-quart
flat baking dish.

Cook the broccoli in water or chicken broth until
barely tender. Drain well. Spread over the rice.

In a large saucepan, heat the chicken soup,
milk, cheese and minced onion. Warm over
medium heat, stirring, until the cheese is melted.

Add the chicken or turkey. Pour over the
broccoli.

Bake until hot and bubbly.

Per Serving (excluding unknown
items): 985 Calories; 20g Fat
(18.7% calories from fat); 24g
Protein; 172g Carbohydrate; 3g
Dietary Fiber; 36mg Cholesterol;
2041mg Sodium. Exchanges: 11
Grain(Starch); 0 Vegetable; 1/2
Non-Fat Milk; 3 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	985	Vitamin B6 (mg):	.4mg
% Calories from Fat:	18.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	71.3%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	10.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	20g	Folacin (mcg):	26mcg
Saturated Fat (g):	7g	Niacin (mg):	9mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0

Cholesterol (mg):	36mg
Carbohydrate (g):	172g
Dietary Fiber (g):	3g
Protein (g):	24g
Sodium (mg):	2041mg
Potassium (mg):	578mg
Calcium (mg):	267mg
Iron (mg):	9mg
Zinc (mg):	4mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	1318IU
Vitamin A (r.e.):	162 1/2RE

% Daily Values* 0.0%

Food Exchanges

Grain (Starch):	11
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 985 Calories from Fat: 184

% Daily Values*

Total Fat 20g	31%
Saturated Fat 7g	35%
Cholesterol 36mg	12%
Sodium 2041mg	85%
Total Carbohydrates 172g	57%
Dietary Fiber 3g	12%
Protein 24g	
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Vitamin A	26%
Vitamin C	5%
Calcium	27%
Iron	51%

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