

# Rice-and-Chicken Casserole

Albert C. Noble - Bristol, TN  
Southern Living - 1987 Annual Recipes

## Servings: 4

1 cup carrots, peeled and sliced diagonally  
2 cups cooked rice  
1 can (10-1/4 ounce) cream of chicken soup, undiluted  
1/2 cup milk  
2 cans (5 ounce ea) boned chicken, drained and chopped  
1 can (2-1/2 ounce) ripe olives, drained and chopped  
1 can (8 ounce) sliced water chestnuts, drained

Preheat the oven to 400 degrees.

In a saucepan, boil the carrots in a small amount of water over medium heat for 10 to 15 minutes or until crisp-tender. Drain. Set aside.

In a heavy saucepan, combine the rice, soup and milk. Stir well. Cook, stirring constantly, until thoroughly heated.

Add the carrots, chicken, olives and water chestnuts. Stir well.

Spoon into a greased two-quart shallow casserole.

Bake for 25 to 30 minutes.

---

Per Serving (excluding unknown items): 183 Calories; 3g Fat (16.4% calories from fat); 5g Protein; 33g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 284mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	183	Vitamin B6 (mg):	.9mg
% Calories from Fat:	16.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	73.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	10.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	60mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg

**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 7mg  
**Carbohydrate (g):** 33g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 5g  
**Sodium (mg):** 284mg  
**Potassium (mg):** 208mg  
**Calcium (mg):** 65mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 9225IU  
**Vitamin A (r.e.):** 930RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 183 Calories from Fat: 30

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	1g	6%
<b>Cholesterol</b>	7mg	2%
<b>Sodium</b>	284mg	12%
<b>Total Carbohydrates</b>	33g	11%
Dietary Fiber	1g	6%
<b>Protein</b>	5g	
<b>Vitamin A</b>		184%
<b>Vitamin C</b>		6%
<b>Calcium</b>		6%
<b>Iron</b>		3%

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