



A Nutrition Resource

CHICKEN OR TURKEY BROCCOLI AND RICE CASSEROLE

Yield: 4 Servings | **Serving Size:** 1 cup

Cost/Serving: \$1.48

Ingredients:

- 1 1/2 cups cooked brown rice
- 1-pound fresh broccoli or 1 (10-ounce) package frozen broccoli, cooked
- 1 cup diced cooked chicken or turkey
- 1 can cream of chicken soup
- 1/2 cup shredded cheese

Directions:

- 1) Preheat oven to 350°F. Lightly oil or spray an 8-inch x 8-inch baking dish.
- 2) In baking dish, mix together rice, broccoli, chicken, and cream soup (undiluted).
- 3) Sprinkle shredded cheese over the top. Bake for 20 to 30 minutes.

Option: Cooked brown rice is preferred, but cooked white rice may be substituted.

Nutrition Facts

4 servings per container
Serving size 1 cup (305g)

Amount per serving
Calories 250

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 420mg	18%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%

Protein 16g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 2mg	10%
Potassium 634mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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