



A Nutrition Resource

# CHICKEN OR TURKEY BROCCOLI AND RICE CASSEROLE

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

## 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* |
|-------------------------------|----------------|
| <b>Total Fat</b> 7g           | <b>9%</b>      |
| Saturated Fat 3.5g            | <b>18%</b>     |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 40mg       | <b>13%</b>     |
| <b>Sodium</b> 420mg           | <b>18%</b>     |
| <b>Total Carbohydrate</b> 32g | <b>12%</b>     |
| Dietary Fiber 4g              | <b>14%</b>     |
| Total Sugars 2g               |                |
| Includes 0g Added Sugars      | <b>0%</b>      |
| <b>Protein</b> 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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