

Italian Chicken and Rice Casserole

Yield: 7 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-chicken-recipes>

Ingredients:

- 3 cups chicken cooked, chopped
- 1 cup rice uncooked
- 1 red bell pepper chopped
- fresh parsley handful of chopped
- 1 cup Italian blend shredded cheese
- 15 ounces chicken broth
- 1 can cream of chicken soup
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1 garlic clove minced or crushed
- black pepper to taste

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 65 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 2 grams
8. Sodium: 380 milligrams
9. Sugar: 1 grams

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