

Cheesy Chicken Broccoli Rice Casserole

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-chicken-and-italian-dressing-mix>

Ingredients:

- 1 cup rice uncooked
- 4 cups broccoli cut into florets
- 1 1/2 cups chicken
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon seasoning Nature's, or salt and pepper
- 2 cups cream of chicken soup
- 1 cup milk
- 1 cup cheddar cheese shredded
- 1/2 cup breadcrumbs

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 50 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 5 grams
8. Sodium: 620 milligrams
9. Sugar: 4 grams

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