

Chicken and Rice Casserole

Yield: 7 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-chicken-mayonnaise-casserole-recipe>

Ingredients:

- 2 cups chicken cooked and shredded
- 2 cups long-grain white rice cooked
- 2 cups cream of chicken soup optional
- 1 can condensed cream of celery soup optional
- 1/2 cup diced onions
- 1/2 cup diced celery
- 1 cup mayonnaise or 1 cup greek yogurt
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 60 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 4 grams
8. Sodium: 1240 milligrams
9. Sugar: 4 grams

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