

Awesome Chicken and Yellow Rice Casserole

Yield: 8 min
Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-chicken-and-yellow-rice-recipe>

Ingredients:

- 1 medium onion coarsely chopped
- 1 green bell pepper medium, coarsely chopped
- 8 ounces water chestnuts, drained and chopped
- 2 tablespoons olive oil
- 1 whole chicken
- salt
- pepper
- seasoning salt to taste
- 10 ounces yellow rice
- 4 ounces diced pimentos drained

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 125 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 42 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 250 milligrams
9. Sugar: 1 grams

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