



## Wild Rice Chicken Casserole

Onion, celery, carrots, butter, [cream of chicken soup](#), [sour cream](#), dry white wine, [cooked chicken](#), [herb & garlic blend](#), [wild rice](#), [shredded parmesan cheese](#)

Nutrition information based on dividing a full-size meal into 6 servings or a half-size meal into 3 servings.

### NutritionFacts

Serving Size 1.00 each

**Calories 423**                      **Calories From Fat 144**

|                               | %Daily Value* |
|-------------------------------|---------------|
| <b>Total Fat 16g</b>          | <b>25%</b>    |
| <b>Cholestrol 98mg</b>        | <b>33%</b>    |
| <b>Sodium 1131mg</b>          | <b>47%</b>    |
| <b>Total Carbohydrate 39g</b> | <b>13%</b>    |
| Dietary Fiber 2.2g            | 9%            |
| Sugar 3.9g                    | 4%            |
| <b>Proteins 27g</b>           | <b>55%</b>    |

|            |      |             |      |
|------------|------|-------------|------|
| Vitamin A  | 94%  | Vitamin B12 | 5.8% |
| Vitamin C  | 4.1% | Iron        | 4.9% |
| Vitamin B6 | 5.4% | Calcium     | 13%  |

Percent Daily Values are based on a 2000 calories diet Your Daily Values may be higher or lower depending on your calories need: