



2-Step Skillet Chicken Broccoli Divan

 **Gluten Free**

READY IN



20 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups broccoli fresh
- ☐ 1 tablespoon butter
- ☐ 10.8 ounce cream of chicken soup fat free 98% canned (Regular or)
- ☐ 0.5 cup milk
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 pound chicken breast boneless skinless

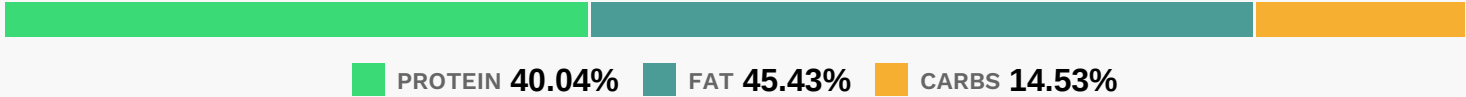
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in skillet.
- ☐ Add chicken and cook until browned, stirring often.
- ☐ Add broccoli, soup and milk. Cover and simmer 5 min. or until done.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.83, Inflammation Score:-8, Nutrition Score:24.412608685701%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 321.38kcal (16.07%), Fat: 16.17g (24.88%), Saturated Fat: 5.87g (36.72%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 9.92g (3.61%), Sugar: 3.05g (3.39%), Cholesterol: 96.45mg (32.15%), Sodium: 825.14mg (35.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.14%), Vitamin C: 60.32mg (73.11%), Vitamin K: 71.1µg (67.72%), Vitamin B3: 12.59mg (62.94%), Selenium: 43.96µg (62.8%), Vitamin B6: 0.99mg (49.68%), Phosphorus: 401.62mg (40.16%), Vitamin B5: 2.32mg (23.15%), Potassium: 723.56mg (20.67%), Vitamin B2: 0.33mg (19.49%), Calcium: 185.79mg (18.58%), Vitamin A: 900IU (18%), Magnesium: 53.97mg (13.49%), Folate: 50.64µg (12.66%), Zinc: 1.79mg (11.95%), Manganese: 0.21mg (10.5%), Vitamin B1: 0.15mg (10.06%), Iron: 1.73mg (9.62%), Vitamin E: 1.37mg (9.14%), Vitamin B12: 0.54µg (9.08%), Copper: 0.17mg (8.27%), Fiber: 1.72g (6.86%), Vitamin D: 0.53µg (3.56%)