



Artichoke Chicken Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained canned
- ☐ 8 ounce crimini mushrooms sliced
- ☐ 1 pinch garlic powder to taste
- ☐ 1 cup mayonnaise light
- ☐ 1 cup parmesan cheese grated
- ☐ 16 ounce chicken breast halves boneless skinless

Equipment

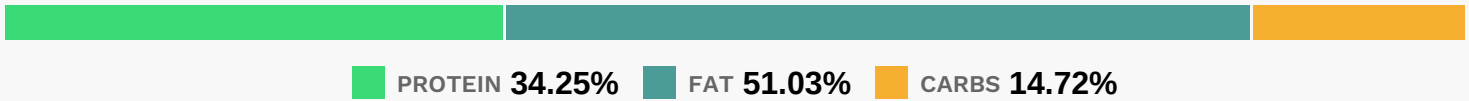
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix Parmesan cheese, mayonnaise, and garlic powder together in a bowl.
- ☐ Arrange chicken breasts in a 9x13-inch baking dish; top with artichoke hearts and crimini mushrooms.
- ☐ Spread cheese mixture over the artichoke and mushroom layer.
- ☐ Bake in the preheated oven until the chicken no longer pink in the center and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:21.174782550853%

Nutrients (% of daily need)

Calories: 403.26kcal (20.16%), Fat: 22.43g (34.5%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 12.67g (4.61%), Sugar: 3.75g (4.17%), Cholesterol: 103.28mg (34.43%), Sodium: 1401.94mg (60.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.87g (67.73%), Selenium: 61.24µg (87.49%), Vitamin B3: 14.01mg (70.04%), Phosphorus: 473.18mg (47.32%), Vitamin B6: 0.93mg (46.68%), Vitamin K: 30.72µg (29.26%), Vitamin B2: 0.48mg (28.09%), Vitamin B5: 2.58mg (25.8%), Calcium: 240.26mg (24.03%), Potassium: 737.24mg (21.06%), Copper: 0.33mg (16.74%), Zinc: 2.4mg (16.03%), Magnesium: 44.48mg (11.12%), Vitamin E: 1.58mg (10.5%), Vitamin B12: 0.62µg (10.35%), Vitamin B1: 0.14mg (9.19%), Fiber: 1.87g (7.48%), Manganese: 0.12mg (6.15%), Vitamin A: 289.47IU (5.79%), Folate: 22.46µg (5.62%), Iron: 0.84mg (4.66%), Vitamin D: 0.3µg (1.97%), Vitamin C: 1.36mg (1.65%)