



HEALTH SCORE

54%

Au Gratin Chicken Bake



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



652 kcal

SIDE DISH

Ingredients

- ☐ 14 oz broccoli florets frozen thawed drained
- ☐ 7.8 oz creamy peanut butter
- ☐ 2 cups water boiling
- ☐ 2 tablespoons butter
- ☐ 0.5 cup milk
- ☐ 1.3 lb chicken breast halves boneless skinless
- ☐ 2 oz cheddar cheese

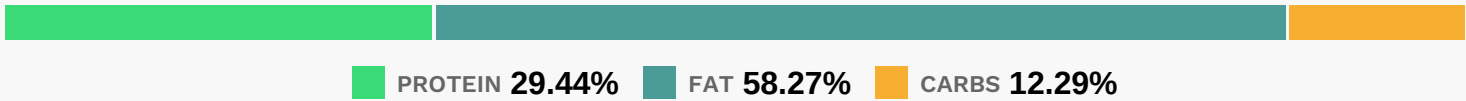
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F. Spray 11x7-inch baking dish or 2-quart casserole with cooking spray.
- ☐ Spread broccoli in baking dish. Stir Potatoes, Sauce
- ☐ Mix, Cheese Sauce, boiling water and margarine in medium bowl. Stir in milk.
- ☐ Spread over broccoli.
- ☐ Place chicken breast halves on potato mixture.
- ☐ Bake uncovered 30 minutes.
- ☐ Place cheese slices on chicken.
- ☐ Sprinkle with Topping.
- ☐ Bake 3 to 5 minutes longer or until cheese is melted and juice of chicken is no longer pink when centers of thickest pieces are cut.
- ☐ Let stand 5 minutes or until sauce is as thick as desired.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:40.174347960431%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 7.78mg, Kaempferol: 7.78mg, Kaempferol: 7.78mg, Kaempferol: 7.78mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 651.82kcal (32.59%), Fat: 43.72g (67.26%), Saturated Fat: 10.96g (68.49%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 15.52g (5.64%), Sugar: 9.01g (10.01%), Cholesterol: 108.55mg (36.18%), Sodium: 610.55mg (26.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.7g (99.39%), Vitamin B3: 22.81mg (114.06%), Vitamin C: 90.22mg (109.36%), Vitamin K: 102.09µg (97.23%), Selenium: 54.7µg (78.14%), Vitamin B6:

1.51mg (75.49%), Phosphorus: 647.9mg (64.79%), Manganese: 1.04mg (52.13%), Vitamin E: 6.42mg (42.79%), Magnesium: 160mg (40%), Potassium: 1209.4mg (34.55%), Vitamin B5: 3.35mg (33.53%), Folate: 118.77µg (29.69%), Vitamin B2: 0.47mg (27.68%), Calcium: 224.19mg (22.42%), Vitamin A: 1102.52IU (22.05%), Zinc: 3.29mg (21.93%), Fiber: 5.23g (20.93%), Vitamin B1: 0.26mg (17.29%), Copper: 0.34mg (17.15%), Iron: 2.23mg (12.38%), Vitamin B12: 0.61µg (10.09%), Vitamin D: 0.56µg (3.75%)