



Au Gratin Chicken Bake

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



547 kcal

SIDE DISH

Ingredients

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

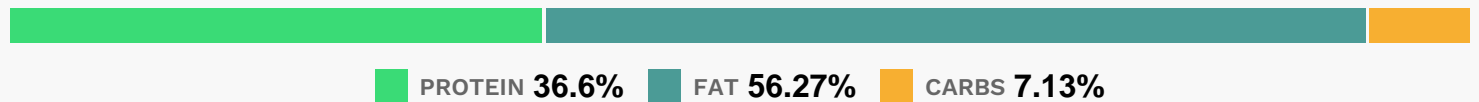
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 400F. 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:31, Glycemic Load:2.28, Inflammation Score:-9, Nutrition Score:36.89217457564%

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: 547.34kcal (27.37%), Fat: 34.26g (52.71%), Saturated Fat: 15.99g (99.93%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 7.19g (2.61%), Sugar: 3.38g (3.76%), Cholesterol: 163.83mg (54.61%), Sodium: 734.93mg (31.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.14g (100.28%), Vitamin C: 90.22mg (109.36%), Vitamin K: 103.25µg (98.33%), Selenium: 68.08µg (97.25%), Vitamin B3: 15.49mg (77.44%), Phosphorus: 713.68mg

(71.37%), Vitamin B6: 1.3mg (65.12%), Calcium: 587.94mg (58.79%), Vitamin B2: 0.61mg (35.81%), Vitamin A: 1656.44IU (33.13%), Vitamin B5: 2.99mg (29.95%), Potassium: 940.18mg (26.86%), Zinc: 3.91mg (26.1%), Folate: 82.84µg (20.71%), Magnesium: 81.5mg (20.37%), Vitamin B12: 1.19µg (19.86%), Vitamin B1: 0.2mg (13.27%), Vitamin E: 1.8mg (11.98%), Manganese: 0.24mg (11.89%), Fiber: 2.58g (10.32%), Iron: 1.36mg (7.56%), Copper: 0.13mg (6.45%), Vitamin D: 0.89µg (5.96%)