



Baked Chicken Amandine

READY IN



55 min.

SERVINGS



8

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds sliced
- 3 cups broccoli frozen thawed chopped
- 0.3 cup butter melted
- 20 ounces cream of chicken soup undiluted canned
- 3 cups roasted chicken cubed cooked
- 1 cup round buttery crackers crushed butter-flavored (25)
- 1 cup mayonnaise
- 8 ounces cheddar cheese shredded

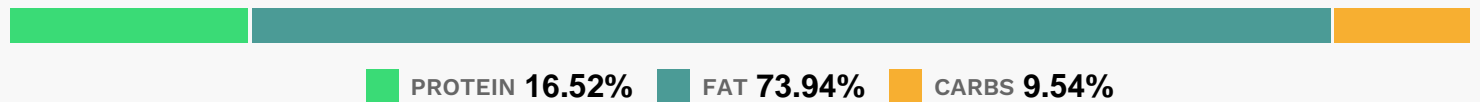
Equipment

- bowl
- oven
- baking pan

Directions

- In a greased 13-in. x 9-in. baking dish, layer chicken and broccoli. In a bowl, combine soup and mayonnaise; spoon over the broccoli.
- Sprinkle with cheese.
- Combine the crackers and butter; sprinkle over the cheese. Top with almonds.
- Bake, uncovered, at 350° for 45–50 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:2.93, Inflammation Score:-7, Nutrition Score:19.09086960295%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 589.8kcal (29.49%), Fat: 48.64g (74.83%), Saturated Fat: 15.18g (94.89%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 12.38g (4.5%), Sugar: 2.06g (2.29%), Cholesterol: 100.41mg (33.47%), Sodium: 1022.83mg (44.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.89%), Vitamin K: 87.13µg (82.98%), Vitamin C: 29.51mg (35.77%), Selenium: 24.41µg (34.86%), Phosphorus: 330.11mg (33.01%), Calcium: 263.12mg (26.31%), Vitamin B3: 5.22mg (26.09%), Vitamin E: 3.67mg (24.46%), Vitamin B2: 0.37mg (21.56%), Vitamin A:

835.7IU (16.71%), Zinc: 2.45mg (16.35%), Vitamin B6: 0.31mg (15.37%), Manganese: 0.3mg (15.16%), Iron: 2.28mg (12.68%), Magnesium: 45.82mg (11.45%), Copper: 0.22mg (11%), Vitamin B5: 1.06mg (10.63%), Folate: 40.33µg (10.08%), Potassium: 339.44mg (9.7%), Vitamin B12: 0.5µg (8.31%), Vitamin B1: 0.12mg (8.1%), Fiber: 1.75g (7%), Vitamin D: 0.23µg (1.51%)