



Broccoli-Cheese Casserole with Chicken

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



27 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz broccoli florets frozen thawed
- 0.3 cup butter divided ()
- 1 cup coarsely ritz crackers crushed (20 crackers)
- 1 lb chicken breasts boneless skinless cubed cooked
- 8 oz velveeta®
- 8 oz velveeta®

Equipment

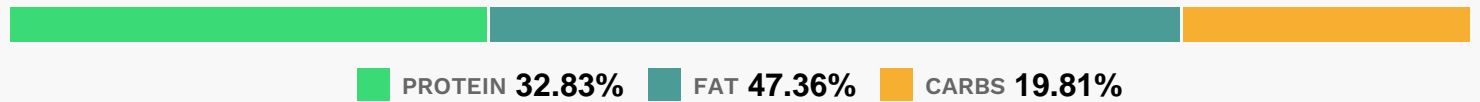
- oven

baking pan

Directions

- Arrange broccoli in single layer in lightly greased 2-quart oblong baking dish; top with chicken and VELVEETA.
- Melt butter; toss with cracker crumbs.
- Sprinkle evenly over casserole.
- Bake at 350F for 25 to 30 minutes or until hot and bubbly.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:0.64, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.3430434450831%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 27.49kcal (1.37%), Fat: 1.46g (2.25%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.25g (0.28%), Cholesterol: 5.81mg (1.94%), Sodium: 34.8mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin C: 8.2mg (9.94%), Vitamin K: 9.87µg (9.4%), Vitamin B3: 1.06mg (5.31%), Selenium: 3.18µg (4.55%), Vitamin B6: 0.08mg (4.23%), Phosphorus: 28.58mg (2.86%), Vitamin A: 99.84IU (2%), Vitamin B5: 0.19mg (1.87%), Potassium: 64.14mg (1.83%), Folate: 6.95µg (1.74%), Vitamin B2: 0.02mg (1.37%), Manganese: 0.03mg (1.34%), Vitamin B1: 0.02mg (1.18%), Magnesium: 4.53mg (1.13%), Vitamin E: 0.17mg (1.1%), Fiber: 0.26g (1.05%)