



Broccoli-Chicken Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz broccoli frozen thawed chopped
- 2 stalks celery finely chopped
- 3 cups meat from a rotisserie chicken cubed cooked
- 10 oz cream of mushroom soup canned
- 1.5 cup milk
- 0.5 c optional: mozzarella cheese shredded
- 1 onion finely chopped
- 6 oz chicken-flavored stuffing mix

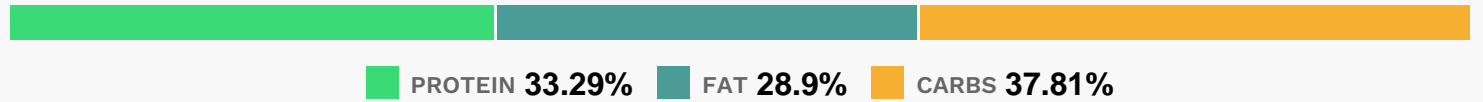
Equipment

- bowl
- oven
- whisk
- casserole dish

Directions

- Whisk soup and milk together in a large bowl. Stir in remaining ingredients except cheese; mix well.
- Transfer to a 3-quart casserole dish that has been sprayed with non-stick vegetable spray.
- Bake, uncovered, at 350 degrees for 35 to 40 minutes. If desired, sprinkle with cheese during the last 10 minutes of baking time.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:3.28, Inflammation Score:-8, Nutrition Score:32.280869794929%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.78mg, Kaempferol: 5.78mg, Kaempferol: 5.78mg, Kaempferol: 5.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 517.52kcal (25.88%), Fat: 16.49g (25.37%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 44.4g (16.15%), Sugar: 10.7g (11.89%), Cholesterol: 104.76mg (34.92%), Sodium: 1341.75mg (58.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.74g (85.49%), Vitamin C: 65.87mg (79.85%), Vitamin K: 79.33µg (75.55%), Selenium: 52.35µg (74.79%), Vitamin B3: 12.02mg (60.12%), Phosphorus: 483.64mg (48.36%), Vitamin B6: 0.76mg (37.82%), Vitamin B2: 0.64mg (37.43%), Folate: 139.71µg (34.93%), Manganese: 0.7mg (34.79%), Vitamin B1: 0.46mg (30.36%), Calcium: 287.56mg (28.76%), Zinc: 3.92mg (26.12%), Potassium: 898.36mg (25.67%), Iron: 4.06mg (22.58%), Vitamin B5: 2.17mg (21.75%), Vitamin B12: 1.24µg (20.66%), Magnesium:

77.63mg (19.41%), Copper: 0.36mg (17.89%), Fiber: 4.13g (16.53%), Vitamin A: 818.66IU (16.37%), Vitamin D: 1.06µg (7.08%), Vitamin E: 0.85mg (5.64%)