



Broccoli Chicken Casserole II

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 heads broccoli fresh boiled cut into pieces
- 32.3 ounce cream of chicken soup canned
- 1 teaspoon curry powder
- 3 tablespoons juice of lemon
- 1 cup mayonnaise
- 8 ounces cheddar cheese shredded
- 6 chicken breast halves boneless skinless boiled cut into bite-size pieces

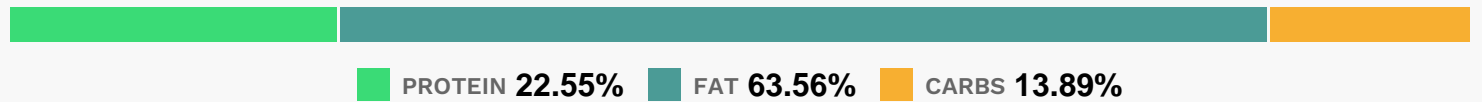
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken and broccoli in a lightly greased 9x13 inch baking dish. In a medium saucepan combine cream of chicken soup, mayonnaise, curry powder and lemon juice. Bring all to a boil over low heat, stirring constantly.
- Pour soup mixture over chicken/broccoli mixture and top with shredded cheese.
- Bake at 350 degrees F (175 degrees C) for about 20 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:5.75, Inflammation Score:-9, Nutrition Score:30.871739190558%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 559.27kcal (27.96%), Fat: 39.98g (61.51%), Saturated Fat: 11.32g (70.75%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 15.61g (5.68%), Sugar: 3.6g (4%), Cholesterol: 103.49mg (34.5%), Sodium: 1314.14mg (57.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.85%), Vitamin K: 206.46µg (196.63%), Vitamin C: 138.92mg (168.39%), Selenium: 41.81µg (59.72%), Vitamin B3: 10.29mg (51.44%), Vitamin B6: 0.93mg (46.4%), Phosphorus: 450.77mg (45.08%), Vitamin A: 1485.45IU (29.71%), Calcium: 295.88mg (29.59%), Folate: 110.3µg (27.57%), Vitamin B2: 0.45mg (26.3%), Potassium: 886.97mg (25.34%), Vitamin B5: 2.47mg (24.71%), Manganese: 0.43mg (21.29%), Vitamin E: 3.16mg (21.05%), Zinc: 2.54mg (16.94%), Magnesium: 67.43mg (16.86%), Fiber: 4.05g (16.21%), Iron: 2.82mg (15.65%), Copper: 0.26mg (13.06%), Vitamin B1: 0.19mg (12.67%), Vitamin B12: 0.5µg (8.39%), Vitamin D: 0.31µg (2.07%)