



Broccoli Chicken Casserole III

READY IN



75 min.

SERVINGS



4

CALORIES



908 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup olives black sliced
- ☐ 2 heads broccoli cut into florets
- ☐ 2 tablespoons butter
- ☐ 1 pound rotisserie chicken breast meat cubed cooked
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 8 ounce wide egg noodles cooked
- ☐ 1 teaspoon curry powder
- ☐ 1 clove garlic crushed
- ☐ 0.3 cup parmesan cheese grated

- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded
- ☐ 2 cups cup heavy whipping cream sour

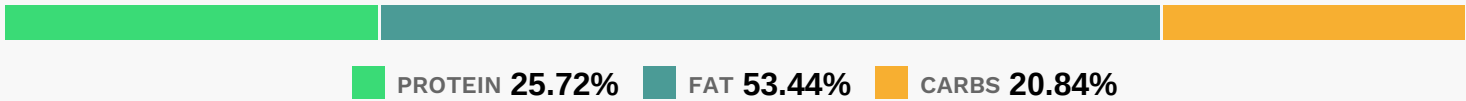
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a medium bowl, combine the sour cream, Parmesan cheese, Cheddar cheese, salt, pepper and garlic and mix together. In a large bowl, stir butter into noodles, then stir in sour cream mixture.
- ☐ In a third large bowl combine the chicken, soup, olives, and broccoli and mix together; add this mixture to the noodle mixture and mix all together.
- ☐ Spread mixture into a 9x13 inch baking dish and sprinkle with curry powder.
- ☐ Bake at 325 degrees F (165 degrees C) for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:49.142608922461%

Flavonoids

Luteolin: 2.62mg, Luteolin: 2.62mg, Luteolin: 2.62mg, Luteolin: 2.62mg Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 9.92mg, Quercetin: 9.92mg, Quercetin: 9.92mg, Quercetin: 9.92mg

Nutrients (% of daily need)

Calories: 908.42kcal (45.42%), Fat: 55.32g (85.11%), Saturated Fat: 25.33g (158.28%), Carbohydrates: 48.53g (16.18%), Net Carbohydrates: 38.65g (14.06%), Sugar: 10.03g (11.15%), Cholesterol: 235.51mg (78.5%), Sodium:

1817.39mg (79.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.89g (119.79%), Vitamin C: 272.57mg (330.39%), Vitamin K: 317.53µg (302.41%), Selenium: 68.9µg (98.43%), Vitamin B3: 18.25mg (91.25%), Phosphorus: 788.23mg (78.82%), Vitamin A: 3434.45IU (68.69%), Vitamin B6: 1.34mg (66.79%), Calcium: 571.59mg (57.16%), Folate: 216.77µg (54.19%), Vitamin B2: 0.88mg (51.63%), Manganese: 0.94mg (47.17%), Potassium: 1513.44mg (43.24%), Fiber: 9.88g (39.52%), Vitamin B5: 3.67mg (36.75%), Vitamin E: 5.42mg (36.17%), Magnesium: 138.31mg (34.58%), Zinc: 4.71mg (31.37%), Iron: 5.03mg (27.94%), Vitamin B1: 0.37mg (24.35%), Copper: 0.44mg (21.86%), Vitamin B12: 1.07µg (17.9%), Vitamin D: 0.37µg (2.47%)