

# Taste of Home

 10%  
HEALTH SCORE

## Broccoli Chicken Delight

READY IN



70 min.

SERVINGS



10

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 ounces broccoli frozen thawed
- 3.5 cups roasted chicken cubed cooked
- 20 ounces cream of chicken soup undiluted canned
- 1 cup mayonnaise
- 1 tablespoon juice of lemon
- 0.3 teaspoon curry powder
- 2 cups cheddar cheese shredded
- 1 cup round buttery crackers crushed butter-flavored ( 25 crackers)

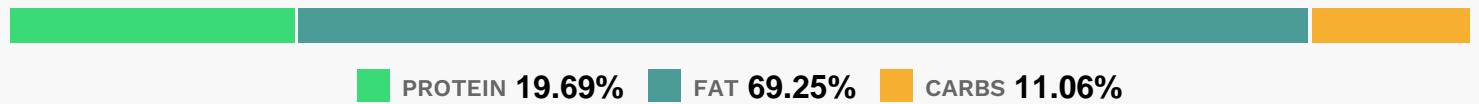
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a greased 13x9-in. baking dish, layer broccoli and chicken. In a bowl, combine the soup, mayonnaise, lemon juice and curry; pour over chicken.
- Sprinkle with cheese and cracker crumbs.
- Cover and bake at 350&deg; for 1 hour or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:15.7, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:16.917826061663%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 422.82kcal (21.14%), Fat: 32.53g (50.05%), Saturated Fat: 9.19g (57.43%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 10.36g (3.77%), Sugar: 1.81g (2.01%), Cholesterol: 73.29mg (24.43%), Sodium: 792.75mg (34.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.81g (41.62%), Vitamin K: 88.7µg (84.47%), Vitamin C: 41.1mg (49.82%), Selenium: 21.46µg (30.66%), Phosphorus: 266.48mg (26.65%), Vitamin B3: 4.68mg (23.41%), Calcium: 206.28mg (20.63%), Vitamin B2: 0.27mg (15.96%), Vitamin B6: 0.3mg (15.13%), Zinc: 2mg (13.32%), Vitamin A: 647.47IU (12.95%), Vitamin E: 1.79mg (11.91%), Folate: 42.72µg (10.68%), Iron: 1.89mg (10.51%), Vitamin B5: 1mg (10.01%), Manganese: 0.18mg (9.03%), Potassium: 314.67mg (8.99%), Magnesium: 29.77mg (7.44%), Copper: 0.14mg (7.13%), Vitamin B1: 0.11mg (7.05%), Vitamin B12: 0.41µg (6.81%), Fiber: 1.34g (5.35%), Vitamin D: 0.18µg (1.2%)