



Broccoli Chicken Divan

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons bread crumbs dried
- ☐ 1 pound broccoli fresh chopped
- ☐ 1 tablespoon butter melted
- ☐ 1.5 cups chicken meat cubed cooked
- ☐ 10.8 ounce condensed cream of broccoli soup canned
- ☐ 0.3 cup milk
- ☐ 0.5 cup cheddar cheese shredded

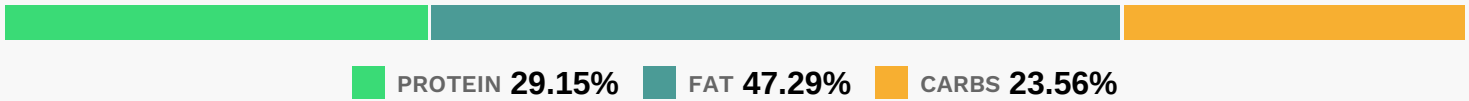
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Place the broccoli in a saucepan with enough water to cover. Bring to a boil, and cook 5 minutes, or until tender.
- ☐ Drain.
- ☐ Place the cooked broccoli in a 9 inch pie plate. Top with the chicken. In a bowl, mix the soup and milk, and pour over the chicken.
- ☐ Sprinkle with Cheddar cheese.
- ☐ Mix the melted butter with the bread crumbs, and sprinkle over the cheese.
- ☐ Bake in the preheated oven for 15 minutes, or until bubbly and lightly brown.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:17.492608552394%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 197.17kcal (9.86%), Fat: 10.57g (16.26%), Saturated Fat: 4.59g (28.68%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 9.43g (3.43%), Sugar: 2.86g (3.18%), Cholesterol: 47.9mg (15.97%), Sodium: 419.43mg (18.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Vitamin K: 86.5µg (82.38%), Vitamin C: 67.54mg (81.86%), Selenium: 15.2µg (21.71%), Phosphorus: 195.21mg (19.52%), Vitamin B3: 3.62mg (18.09%), Vitamin A: 803.19IU (16.06%), Vitamin B6: 0.3mg (14.99%), Manganese: 0.3mg (14.92%), Calcium: 145.89mg (14.59%), Folate: 56.01µg (14%), Vitamin B2: 0.23mg (13.77%), Vitamin B5: 1.35mg (13.51%), Potassium: 403.5mg (11.53%), Fiber: 2.42g (9.68%), Vitamin E: 1.43mg (9.53%), Zinc: 1.35mg (9.03%), Vitamin B1: 0.13mg (8.65%), Magnesium: 31.41mg (7.85%),

Iron: 1.41mg (7.81%), Copper: 0.13mg (6.31%), Vitamin B12: 0.31µg (5.17%), Vitamin D: 0.21µg (1.37%)