



Broccoli, Potato & Chicken Divan

 Gluten Free

READY IN



105 min.

SERVINGS



45

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli florets frozen
- 1 cup triple cheddar cheese shredded with a touch of philadelphia, divided kraft
- 8 oz philadelphia chive & onion cream cheese spread
- 0.1 tsp ground pepper black
- 0.7 cup milk
- 20 oz potatoes refrigerated sliced
- 1.5 lb chicken breasts boneless skinless
- 0.5 cup tuscan house dressing italian kraft

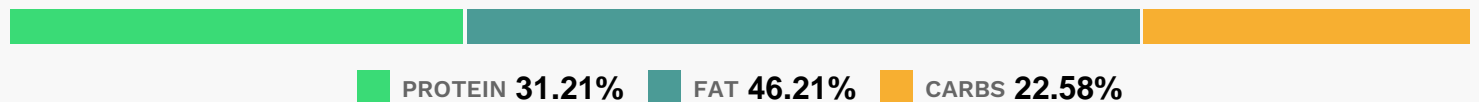
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375F.
- Pour dressing over chicken in shallow dish; turn to evenly coat both sides of each breast. Refrigerate 30 min. to marinate.
- Mix cream cheese spread and milk until blended.
- Combine potatoes, broccoli and 1/2 cup shredded cheese in large bowl.
- Add cream cheese mixture; mix lightly. Spoon into 13x9-inch baking dish sprayed with cooking spray.
- Remove chicken from marinade; discard marinade.
- Place chicken over vegetable mixture; sprinkle with pepper. Cover.
- Bake 1 hour or until chicken is done (165F), uncovering and sprinkling with remaining shredded cheese for the last 15 min.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:1.75, Inflammation Score:-1, Nutrition Score:3.2056521812211%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 59.51kcal (2.98%), Fat: 3.03g (4.66%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.79g (0.87%), Cholesterol: 15.75mg (5.25%), Sodium: 86.74mg (3.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin B3: 1.74mg (8.72%), Selenium: 5.81µg (8.3%), Vitamin B6: 0.16mg (8.16%), Vitamin C: 6.28mg (7.61%), Phosphorus: 57.15mg (5.72%), Vitamin K: 5.94µg (5.65%), Potassium: 131.39mg (3.75%), Calcium: 32.78mg (3.28%), Vitamin B5: 0.3mg (3%), Vitamin B2: 0.04mg (2.35%), Magnesium: 8.93mg (2.23%), Vitamin A: 109.85IU (2.2%), Vitamin B1: 0.03mg (1.73%), Zinc: 0.25mg (1.66%), Manganese: 0.03mg (1.6%), Fiber: 0.38g (1.54%), Folate: 5.7µg (1.42%), Vitamin B12: 0.08µg (1.27%), Iron: 0.2mg (1.08%), Copper: 0.02mg (1.06%)