



Broccoli Rice Casserole

 Popular

READY IN



55 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter cut into pieces
- 1 cup buttery round cracker crumbs crushed
- 2 eggs beaten
- 0.5 teaspoon garlic salt
- 4 servings ground pepper black to taste
- 4 chicken breast halves boneless skinless

Equipment

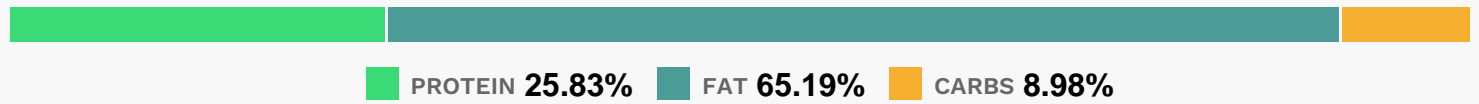
- bowl

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place eggs and cracker crumbs in two separate shallow bowls.
- Mix cracker crumbs with garlic salt and pepper. Dip chicken in the eggs, then dredge in the crumb mixture to coat.
- Arrange coated chicken in a 9x13 inch baking dish.
- Place pieces of butter around the chicken.
- Bake in the preheated oven for 40 minutes, or until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:15.630434995112%

Nutrients (% of daily need)

Calories: 437.78kcal (21.89%), Fat: 31.52g (48.49%), Saturated Fat: 16.73g (104.58%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.4g (3.42%), Sugar: 1.32g (1.47%), Cholesterol: 215.17mg (71.72%), Sodium: 767.78mg (33.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.2%), Vitamin B3: 12.55mg (62.74%), Selenium: 43.89µg (62.7%), Vitamin B6: 0.89mg (44.7%), Phosphorus: 328.78mg (32.88%), Vitamin B5: 2.04mg (20.36%), Vitamin A: 862.34IU (17.25%), Vitamin B2: 0.26mg (15.48%), Potassium: 474.51mg (13.56%), Vitamin E: 1.63mg (10.86%), Vitamin B1: 0.15mg (9.93%), Vitamin K: 9.94µg (9.47%), Magnesium: 35.62mg (8.9%), Iron: 1.49mg (8.29%), Vitamin B12: 0.47µg (7.83%), Zinc: 1.06mg (7.05%), Folate: 26.53µg (6.63%), Manganese: 0.12mg (5.88%), Calcium: 48.5mg (4.85%), Vitamin D: 0.55µg (3.69%), Copper: 0.07mg (3.33%), Vitamin C: 1.36mg (1.64%), Fiber: 0.37g (1.48%)