



Broiler Casserole



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 pounds rotisserie chicken breast meat boneless skinless cut into strips
- ☐ 2 onions thinly sliced
- ☐ 1 bell pepper red thinly sliced
- ☐ 16 ounce spaghetti sauce
- ☐ 2 large tomatoes thinly sliced
- ☐ 4 servings water as needed

Equipment

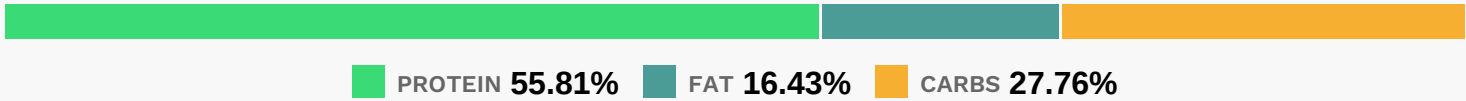
- ☐ oven

- ☐ grill
- ☐ broiler pan

Directions

- ☐ Preheat oven to Broil/Grill.
- ☐ Place onions, bell pepper and tomatoes in a broiler pan. Broil until softened and starting to brown.
- ☐ Add chicken, sauce and water as needed for desired consistency.
- ☐ Mix all together. Broil for about 10 minutes, until chicken is cooked through (no longer pink) and sauce is piping hot.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:4.38, Inflammation Score:-9, Nutrition Score:26.713043396888%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg

Nutrients (% of daily need)

Calories: 234.92kcal (11.75%), Fat: 4.34g (6.67%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 12.14g (4.41%), Sugar: 10.01g (11.12%), Cholesterol: 90.72mg (30.24%), Sodium: 721.7mg (31.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.15g (66.31%), Vitamin B3: 16.8mg (84.02%), Vitamin C: 64.26mg (77.89%), Vitamin B6: 1.4mg (69.91%), Selenium: 46.34µg (66.21%), Vitamin A: 2224.14IU (44.48%), Phosphorus: 373.81mg (37.38%), Potassium: 1220mg (34.86%), Vitamin B5: 2.61mg (26.13%), Vitamin E: 2.87mg (19.16%), Magnesium: 75.31mg (18.83%), Manganese: 0.35mg (17.53%), Fiber: 4.35g (17.41%), Vitamin B2: 0.27mg (16.05%), Copper: 0.29mg (14.34%), Folate: 53.66µg (13.42%), Vitamin B1: 0.19mg (12.86%), Vitamin K: 12.33µg (11.74%), Iron: 2.1mg (11.68%), Zinc: 1.42mg (9.45%), Calcium: 53.89mg (5.39%), Vitamin B12: 0.28µg (4.72%)