



Cheddar Broccoli and Chicken Casserole from Country Crock®

READY IN



35 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups vegetables such as broccoli florets and bell peppers red
- 2 cups cut-up chicken breast cooked
- 3 tablespoons spread divided country crock®
- 0.3 cup flour all-purpose
- 2.3 cups cheddar cheese shredded low-fat divided finely
- 1.5 cups milk 2%
- 1 tablespoon onion powder
- 0.3 cup panko bread crumbs

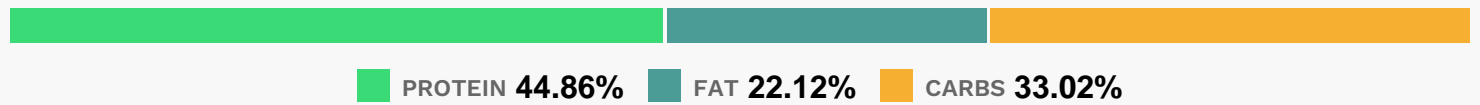
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 425 degrees. Melt 2 tablespoons Country Crock®
- Spread in large nonstick skillet and saute broccoli and red bell pepper until crisp tender.
- Whisk milk and flour in large bowl.
- Add chicken, cooked vegetables, 2 cups cheese, and onion powder; toss to mix.
- Pour into 8-inch baking dish.
- Combine panko crumbs, remaining 1 tablespoon
- Spread and remaining 1/4 cup cheese in small cup.
- Sprinkle over top of casserole.
- Bake 30 to 35 minutes or until crumbs are golden and mixture is bubbly around edges.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:10.1, Inflammation Score:-10, Nutrition Score:30.399999934694%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 386.86kcal (19.34%), Fat: 9.45g (14.54%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 27.84g (10.12%), Sugar: 16.53g (18.37%), Cholesterol: 79.93mg (26.64%), Sodium: 520.6mg (22.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.12g (86.23%), Vitamin C: 192.23mg (233.01%), Vitamin A: 4901.73IU (98.03%), Phosphorus: 609.66mg (60.97%), Vitamin B3: 11.89mg (59.45%), Selenium: 34.95µg (49.93%), Vitamin B6: 0.94mg (46.92%), Calcium: 407.77mg (40.78%), Vitamin B2: 0.57mg (33.75%), Folate: 103.34µg (25.84%), Potassium: 700.47mg (20.01%), Zinc: 2.84mg (18.94%), Vitamin B1: 0.28mg (18.59%), Vitamin E: 2.63mg (17.55%), Vitamin B12: 1.03µg (17.19%), Vitamin B5: 1.65mg (16.49%), Magnesium: 63.81mg (15.95%), Fiber: 3.89g (15.56%), Manganese: 0.31mg (15.48%), Iron: 2.32mg (12.87%), Vitamin K: 8.41µg (8.01%), Copper: 0.12mg (6%)