



## Cheesy Broccoli Chicken Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 large heads broccoli cut into small florets
- ☐ 10.8 ounce herb and butter-flavored rice side dish knorr® (such as Herb & Butter Rice Sides)
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.3 teaspoon curry powder
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons garlic powder
- ☐ 8 servings salt and ground pepper black to taste

- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons seasoning blend salt-free
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 3 chicken breast halves boneless skinless
- ☐ 0.5 onion sweet chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 3.5 cups water

## Equipment

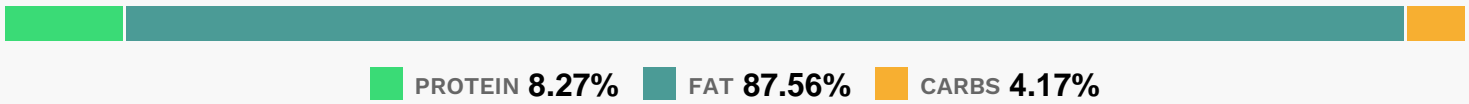
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish
- ☐ steamer basket

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole dish.
- ☐ Heat vegetable oil in a skillet over medium heat.
- ☐ Sprinkle the chicken breasts with salt, black pepper, and 1 teaspoon of salt-free seasoning, and pan-fry in the hot oil until lightly browned on both sides, about 10 minutes per side.
- ☐ Cut the chicken breasts into bite-size pieces, and set aside.
- ☐ Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil.
- ☐ Place the broccoli florets and sweet onion into the steamer basket, cover pan, and steam until broccoli turns bright green and is barely tender, about 3 minutes.
- ☐ In a large saucepan, bring 3 1/2 cups of water to a boil, and stir in the margarine until it melts.
- ☐ Pour in the contents of the two packages of rice side dish, and reduce heat to a simmer. Cover and cook until rice is tender, 7 to 10 minutes; turn off heat, and allow to stand covered

- for 2 minutes.
- ☐ Transfer cooked rice into a large mixing bowl, and stir in the chicken, broccoli, and onion.
  - ☐ Mix in the cream of chicken soup, mayonnaise, 2 cups of Cheddar cheese, parsley, 2 teaspoons of salt-free seasoning, garlic powder, curry powder, lemon juice, and Dijon mustard until thoroughly combined. Adjust salt and black pepper. Spoon the mixture into the prepared casserole dish, and sprinkle 1/2 cup of Cheddar cheese over the top.
  - ☐ Bake in preheated oven until the casserole is bubbling and lightly browned, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:39.13, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:12.005217497763%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## Nutrients (% of daily need)

Calories: 605.51kcal (30.28%), Fat: 59.52g (91.57%), Saturated Fat: 25.48g (159.24%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.48g (1.99%), Sugar: 1.59g (1.77%), Cholesterol: 131.27mg (43.76%), Sodium: 808.43mg (35.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.29%), Vitamin K: 69.69µg (66.37%), Selenium: 18.1µg (25.85%), Vitamin A: 1194.43IU (23.89%), Vitamin B3: 4.7mg (23.5%), Vitamin B6: 0.38mg (19.07%), Vitamin E: 2.55mg (16.98%), Phosphorus: 161.05mg (16.11%), Calcium: 98.77mg (9.88%), Vitamin B5: 0.84mg (8.45%), Potassium: 254.43mg (7.27%), Vitamin B2: 0.12mg (7.25%), Manganese: 0.14mg (7.08%), Iron: 1.27mg (7.06%), Magnesium: 23.64mg (5.91%), Copper: 0.11mg (5.59%), Zinc: 0.8mg (5.36%), Vitamin B12: 0.26µg (4.3%), Folate: 16.01µg (4%), Vitamin C: 3.2mg (3.88%), Vitamin B1: 0.06mg (3.76%), Fiber: 0.91g (3.62%)