



Cheesy Chicken and Broccoli Bake

READY IN



55 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bell pepper chopped
- 9 oz broccoli frozen thawed
- 1.5 cups roasted chicken cooked chopped
- 0.8 teaspoon basil dried
- 8 eggs
- 1 cup flour all-purpose
- 2 cups milk
- 0.5 cup onion chopped
- 0.3 cup parmesan cheese grated

- 0.5 teaspoon pepper
- 0.8 teaspoon salt
- 4 oz cheddar cheese shredded

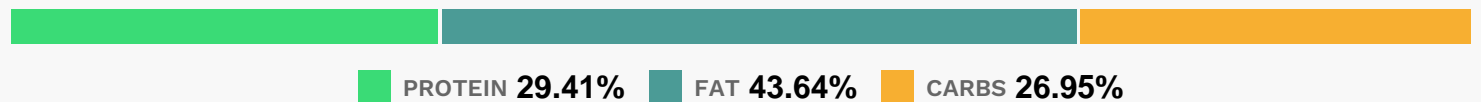
Equipment

- bowl
- oven
- knife
- baking pan
- glass baking pan

Directions

- Heat oven to 400F. Spray 13x9-inch (2-quart) glass baking dish with cooking spray.
- Sprinkle chicken, onion, bell pepper and broccoli in baking dish.
- In medium bowl, mix remaining ingredients except Cheddar cheese until smooth; pour over chicken mixture.
- Bake 20 to 25 minutes or until knife inserted in center comes out clean.
- Sprinkle with Cheddar cheese.
- Bake 3 to 5 minutes longer or until cheese is melted.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:10.49, Inflammation Score:-7, Nutrition Score:18.021304317143%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 287.81kcal (14.39%), Fat: 13.87g (21.34%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 17.69g (6.43%), Sugar: 4.35g (4.84%), Cholesterol: 207.58mg (69.19%), Sodium: 482.27mg (20.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.08%), Selenium: 32.39µg (46.27%), Vitamin C: 35.15mg (42.61%), Vitamin K: 35.37µg (33.68%), Phosphorus: 326.35mg (32.64%), Vitamin B2: 0.52mg (30.57%), Calcium: 253.41mg (25.34%), Folate: 78.2µg (19.55%), Vitamin A: 862.31IU (17.25%), Vitamin B3: 3.37mg (16.83%), Vitamin B12: 0.99µg (16.49%), Vitamin B6: 0.32mg (16.09%), Vitamin B5: 1.51mg (15.07%), Vitamin B1: 0.23mg (15.04%), Zinc: 2.15mg (14.33%), Iron: 2.22mg (12.34%), Manganese: 0.24mg (12.03%), Vitamin D: 1.65µg (11.01%), Potassium: 375.1mg (10.72%), Magnesium: 35.61mg (8.9%), Vitamin E: 0.96mg (6.4%), Fiber: 1.59g (6.34%), Copper: 0.1mg (4.99%)