



Cheesy Chicken and Vegetable Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups roasted chicken cooked
- 16 oz cheddar cheese
- 1 lb broccoli frozen thawed drained
- 0.3 cup parmesan cheese grated
- 0.3 cup butter firm
- 1 eggs slightly beaten
- 1.3 cups frangelico

Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 400°F. In large bowl, mix chicken, pasta sauce and vegetables.
- Pour into ungreased 9-inch square pan.
- In small bowl, mix Bisquick mix, Parmesan cheese and butter with fork or pastry blender until crumbly. Stir in egg.
- Sprinkle over chicken mixture.
- Bake 20 to 22 minutes or until topping is light golden brown.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:25.376521898353%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 508.11kcal (25.41%), Fat: 38.56g (59.32%), Saturated Fat: 17.9g (111.88%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 5.55g (2.02%), Sugar: 1.56g (1.74%), Cholesterol: 141.5mg (47.17%), Sodium: 726.89mg (31.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.66g (67.32%), Vitamin C: 67.45mg (81.76%), Vitamin K: 79.02µg (75.26%), Calcium: 619.39mg (61.94%), Selenium: 38.47µg (54.96%), Phosphorus: 528.85mg (52.88%), Vitamin A: 1661.58IU (33.23%), Vitamin B2: 0.54mg (31.87%), Zinc: 4.07mg (27.13%), Vitamin B3: 4.21mg (21.06%), Vitamin B6: 0.39mg (19.62%), Vitamin B12: 1.07µg (17.79%), Folate: 69.63µg (17.41%), Vitamin B5: 1.33mg (13.33%), Magnesium: 48.71mg (12.18%), Potassium: 425.73mg (12.16%), Vitamin E: 1.55mg (10.32%), Manganese: 0.18mg (8.99%), Fiber: 1.97g (7.86%), Iron: 1.38mg (7.69%), Vitamin B1: 0.11mg (7.3%), Copper: 0.1mg (4.78%), Vitamin D: 0.62µg (4.14%)