

Cheesy Chicken Broccoli Bake

READY IN



60 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 baby carrots chopped
- 2 large heads broccoli chopped
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 0.3 cup breadcrumbs dry
- 0.3 teaspoon paprika
- 0.5 teaspoon oregano dried

- 0.5 cup cheddar cheese shredded
- 1 pound chicken breast halves boneless skinless chopped

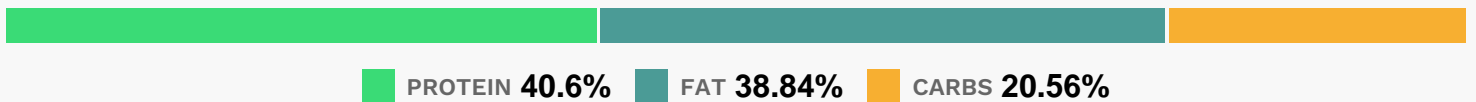
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C), and grease a 9x12-inch baking dish.
- Pour the condensed soups into a bowl and mix well.
- Place the chicken breast meat, broccoli, and carrots into the baking dish, mix well, and pour the soup mixture over.
- Sprinkle with basil, thyme, oregano, and paprika, and spread the Cheddar cheese and bread crumbs evenly over the top.
- Bake in the preheated oven for 45 minutes, until the casserole is bubbling and the cheese and crumbs are lightly browned.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:14.631304227788%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 226.32kcal (11.32%), Fat: 9.6g (14.77%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 10.45g (3.8%), Sugar: 1.4g (1.56%), Cholesterol: 64.4mg (21.47%), Sodium: 912.29mg (39.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.16%), Vitamin A: 2558.17IU (51.16%), Vitamin B3: 8.97mg (44.84%), Selenium: 29.14µg (41.62%), Vitamin B6: 0.62mg (31.14%), Phosphorus: 245.81mg (24.58%),

Manganese: 0.3mg (14.95%), Vitamin B5: 1.41mg (14.09%), Potassium: 434.29mg (12.41%), Vitamin B2: 0.2mg (11.75%), Copper: 0.22mg (11.21%), Zinc: 1.61mg (10.73%), Iron: 1.89mg (10.49%), Calcium: 101.38mg (10.14%), Vitamin K: 10.05µg (9.57%), Magnesium: 33.42mg (8.36%), Vitamin B1: 0.12mg (7.85%), Vitamin B12: 0.35µg (5.8%), Folate: 20.28µg (5.07%), Fiber: 0.99g (3.96%), Vitamin E: 0.57mg (3.82%), Vitamin C: 1.74mg (2.1%)