



Cheesy Chicken Casserole

 Popular

READY IN



35 min.

SERVINGS



6

CALORIES



615 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

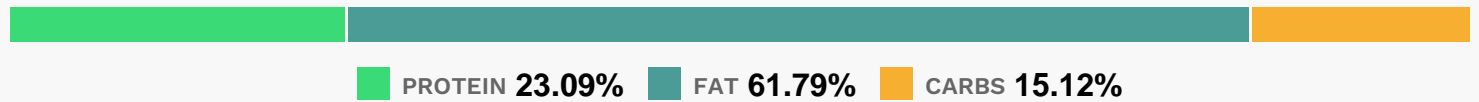
Equipment

- 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:-9, Nutrition Score:28.584782704063%

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: 615.11kcal (30.76%), Fat: 42.41g (65.24%), Saturated Fat: 18.89g (118.07%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 20.85g (7.58%), Sugar: 4.48g (4.97%), Cholesterol: 142mg (47.33%), Sodium: 1045.89mg (45.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.66g (71.32%), Vitamin C: 67.53mg (81.85%), Vitamin K: 80.64µg (76.8%), Phosphorus: 675.1mg (67.51%), Calcium: 664.14mg (66.41%), Selenium: 40.35µg (57.64%), Vitamin B2: 0.65mg (38.3%), Vitamin A: 1662.58IU (33.25%), Zinc: 4.22mg (28.13%), Vitamin B3: 5.35mg (26.73%), Folate: 100.88µg (25.22%), Vitamin B6: 0.41mg (20.57%), Vitamin B12: 1.17µg (19.42%), Vitamin B1: 0.25mg (16.89%), Vitamin B5: 1.55mg (15.54%), Magnesium: 54.96mg (13.74%), Potassium: 466.48mg (13.33%), Manganese: 0.26mg (13.24%), Iron: 2.08mg (11.54%), Vitamin E: 1.58mg (10.54%), Fiber: 2.49g (9.96%), Copper: 0.13mg (6.7%), Vitamin D: 0.62µg (4.14%)