



Cheesy Chicken Curry Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups broccoli florets cooked
- ☐ 2 tablespoons butter melted
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 teaspoon curry powder
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 cup milk

- ☐ 4 ounces cheddar cheese shredded
- ☐ 8 ounce cream sour

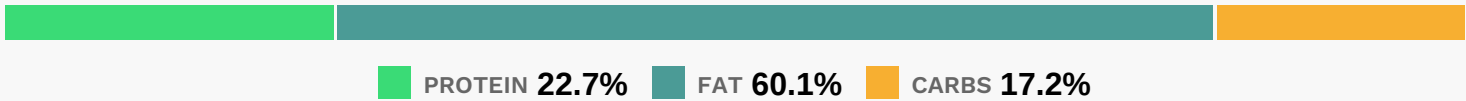
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 9 ingredients and red pepper, if desired. Spoon into a lightly greased 11- x 7- inch baking dish.
- ☐ Bake at 350 for 30 minutes or until hot and bubbly. Stir together breadcrumbs and melted butter; sprinkle over casserole, and bake 10 more minutes.
- ☐ Let casserole stand 5 minutes before serving.
- ☐ Note: Freeze unbaked casserole, omitting breadcrumbs and butter, for up to 1 month, if desired. Allow to stand at room temperature 1 hour.
- ☐ Bake at 350 for 1 hour and 30 minutes or until hot and bubbly. Stir together breadcrumbs and melted butter; sprinkle over casserole, and bake 10 more minutes.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:15.41565236838%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 375.23kcal (18.76%), Fat: 25.16g (38.7%), Saturated Fat: 10.65g (66.58%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 14.84g (5.4%), Sugar: 4.18g (4.64%), Cholesterol: 83.92mg (27.97%), Sodium: 658.66mg

(28.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.77%), Vitamin K: 35.33µg (33.65%), Vitamin C: 27.5mg (33.33%), Selenium: 22.89µg (32.7%), Phosphorus: 289.33mg (28.93%), Calcium: 256.58mg (25.66%), Vitamin B3: 4.76mg (23.8%), Vitamin B2: 0.36mg (20.93%), Vitamin A: 945.95IU (18.92%), Vitamin B6: 0.31mg (15.46%), Zinc: 2.07mg (13.83%), Vitamin B1: 0.18mg (11.75%), Manganese: 0.23mg (11.65%), Vitamin B5: 1.1mg (11.01%), Iron: 1.94mg (10.77%), Potassium: 363.61mg (10.39%), Vitamin B12: 0.62µg (10.27%), Folate: 38.97µg (9.74%), Magnesium: 35.98mg (9%), Copper: 0.15mg (7.42%), Vitamin E: 1.04mg (6.93%), Fiber: 1.36g (5.43%), Vitamin D: 0.45µg (2.99%)