



Chicken and Broccoli Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 8 oz portabello mushrooms fresh sliced
- 10.8 oz cream of mushroom soup canned
- 0.5 cup milk
- 1 tablespoon dijon mustard
- 0.5 teaspoon salt
- 0.5 teaspoon thyme leaves dried
- 0.3 teaspoon pepper
- 3 cups roasted chicken cooked

- 1 lb broccoli frozen thawed
- 8 oz water chestnuts drained sliced canned
- 4 oz processed cheese food shredded
- 2.8 oz bread canned

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, melt butter over medium-high heat.
- Add mushrooms; cook 4 to 6 minutes, stirring frequently, until mushrooms are browned.
- In large bowl, mix soup, milk, mustard, salt, thyme and pepper. Stir in mushrooms, chicken, broccoli and water chestnuts.
- Pour into baking dish.
- Sprinkle with cheese.
- Cover dish with foil.
- Bake 30 minutes.
- Sprinkle French-fried onions over top.
- Bake uncovered about 15 minutes longer or until mixture is hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:6.85, Inflammation Score:-8, Nutrition Score:26.464782590451%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg 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: 348.37kcal (17.42%), Fat: 15.25g (23.47%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 20.67g (7.52%), Sugar: 5.73g (6.37%), Cholesterol: 76.38mg (25.46%), Sodium: 1092.02mg (47.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.96g (57.92%), Vitamin C: 68.47mg (83%), Vitamin K: 78.04µg (74.33%), Selenium: 35.4µg (50.57%), Vitamin B3: 9.06mg (45.3%), Phosphorus: 410.31mg (41.03%), Vitamin B6: 0.63mg (31.44%), Calcium: 282.2mg (28.22%), Manganese: 0.51mg (25.61%), Vitamin B2: 0.42mg (24.56%), Folate: 86.74µg (21.69%), Potassium: 748.15mg (21.38%), Zinc: 3.07mg (20.45%), Vitamin B5: 1.93mg (19.32%), Copper: 0.38mg (18.93%), Fiber: 4.48g (17.9%), Iron: 3.1mg (17.23%), Vitamin B1: 0.25mg (16.62%), Vitamin A: 804.83IU (16.1%), Magnesium: 50.43mg (12.61%), Vitamin B12: 0.7µg (11.65%), Vitamin E: 1.16mg (7.75%), Vitamin D: 0.45µg (3%)