



Chicken and Broccoli Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounce broccoli florets
- ☐ 10.8 ounce cream of mushroom soup fat-free 30% 98% undiluted reduced-sodium canned
- ☐ 0.3 cup sherry dry
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 1 cup mayonnaise fat-free
- ☐ 1 ounce flour all-purpose
- ☐ 1 Dash nutmeg
- ☐ 4 ounces parmesan fresh divided grated

- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.5 cup cream fat-free sour
- ☐ 3 quarts water
- ☐ 1 teaspoon worcestershire sauce

Equipment

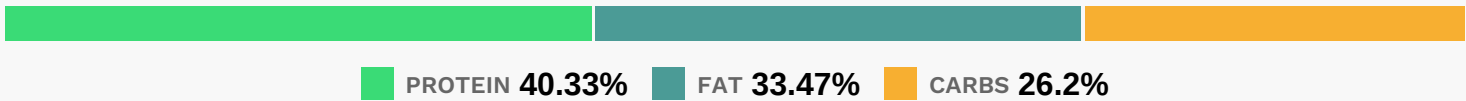
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ slotted spoon
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 40
- ☐ Bring water to a boil in a large Dutch oven over medium-high heat.
- ☐ Add broccoli, and cook 5 minutes or until crisp-tender.
- ☐ Transfer broccoli to a large bowl with a slotted spoon.
- ☐ Add chicken to boiling water; reduce heat, and simmer 15 minutes or until done.
- ☐ Transfer chicken to a cutting board; cool slightly.
- ☐ Cut chicken into bite-sized pieces, and add chicken to bowl with broccoli.
- ☐ Combine evaporated milk, flour, salt, pepper, and nutmeg in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly.
- ☐ Remove from heat.

- ☐ Add mayonnaise, next 4 ingredients (through soup), and 1/2 cup cheese, stirring until well combined.
- ☐ Add mayonnaise mixture to broccoli mixture; stir gently until combined.
- ☐ Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake at 400 for 50 minutes or until mixture bubbles at the edges and cheese begins to brown.
- ☐ Remove from oven; let cool on a wire rack 5 minutes.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:2.69, Inflammation Score:-6, Nutrition Score:21.048695724943%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 302.96kcal (15.15%), Fat: 11.01g (16.94%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 17.53g (6.37%), Sugar: 8.33g (9.25%), Cholesterol: 82.2mg (27.4%), Sodium: 1003.38mg (43.63%), Alcohol: 0.77g (100%), Alcohol %: 0.15% (100%), Protein: 29.86g (59.72%), Selenium: 34.51µg (49.3%), Vitamin B3: 9.84mg (49.21%), Vitamin K: 51.32µg (48.88%), Vitamin C: 39.86mg (48.32%), Phosphorus: 423.5mg (42.35%), Vitamin B6: 0.77mg (38.47%), Calcium: 337.49mg (33.75%), Vitamin B2: 0.38mg (22.62%), Potassium: 688.04mg (19.66%), Vitamin B5: 1.88mg (18.83%), Magnesium: 57.68mg (14.42%), Manganese: 0.27mg (13.64%), Zinc: 1.96mg (13.1%), Folate: 45.56µg (11.39%), Vitamin A: 540.5IU (10.81%), Copper: 0.21mg (10.26%), Vitamin B1: 0.15mg (10.18%), Vitamin B12: 0.51µg (8.54%), Iron: 1.36mg (7.55%), Fiber: 1.87g (7.47%), Vitamin E: 0.61mg (4.05%), Vitamin D: 0.2µg (1.32%)