



Chicken-and-Broccoli Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce broccoli flowerets fresh
- ☐ 0.5 cup butter divided
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 2 cups milk
- ☐ 2 ounces parmesan cheese shredded finely
- ☐ 0.3 teaspoon salt
- ☐ 4 chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 2 ounces swiss cheese shredded

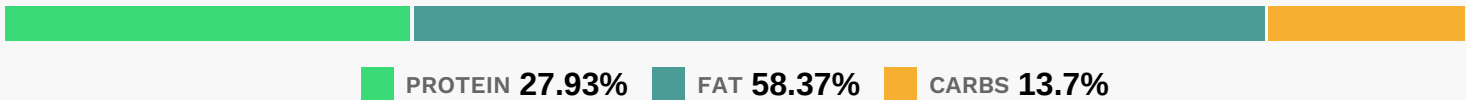
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ steamer basket

Directions

- ☐ Melt 1/4 cup butter in a large skillet over medium heat; add chicken, and saut until done.
- ☐ Remove chicken from skillet, and set aside.
- ☐ Cook broccoli in a steamer basket over boiling water 2 minutes or until crisp-tender.
- ☐ Remove from heat; drain well, and set aside.
- ☐ Melt remaining 1/4 cup butter in skillet over medium heat.
- ☐ Whisk in flour, and cook, whisking constantly, 1 minute. Gradually add milk, and cook, whisking constantly, until thickened and bubbly.
- ☐ Remove from heat, and stir in Swiss cheese, 1/2 cup Parmesan cheese, lemon juice, and salt.
- ☐ Layer half of chicken, broccoli, and cheese sauce in a lightly greased 11- x 7-inch baking dish. Repeat layer once. Cover and chill casserole up to 8 hours, if desired; remove from refrigerator, and let stand at room temperature 30 minutes before baking.
- ☐ Bake, covered, at 350 for 20 minutes. Uncover and sprinkle with 2 tablespoons Parmesan cheese, if desired, and bake 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:8.12, Inflammation Score:-9, Nutrition Score:35.623912894207%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 584.58kcal (29.23%), Fat: 38.23g (58.81%), Saturated Fat: 12.7g (79.35%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 17.03g (6.19%), Sugar: 7.96g (8.85%), Cholesterol: 109.78mg (36.59%), Sodium: 881.25mg (38.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.15g (82.3%), Vitamin C: 103.05mg (124.91%), Vitamin K: 116.72µg (111.16%), Selenium: 51.42µg (73.46%), Vitamin B3: 13.15mg (65.77%), Phosphorus: 630.16mg (63.02%), Vitamin B6: 1.15mg (57.43%), Calcium: 512.84mg (51.28%), Vitamin A: 2181.41IU (43.63%), Vitamin B2: 0.55mg (32.55%), Vitamin B5: 2.9mg (29%), Potassium: 1004.14mg (28.69%), Vitamin B12: 1.51µg (25.19%), Folate: 93.06µg (23.26%), Magnesium: 81.4mg (20.35%), Vitamin B1: 0.29mg (19.51%), Zinc: 2.69mg (17.9%), Manganese: 0.32mg (15.87%), Vitamin E: 2.16mg (14.42%), Fiber: 3.16g (12.65%), Vitamin D: 1.53µg (10.17%), Iron: 1.75mg (9.7%), Copper: 0.11mg (5.5%)