



WHATSheATE



Chicken-and-Cornbread Casserole

READY IN



27 min.

SERVINGS



6

CALORIES



765 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 rib celery stalks chopped
- ☐ 3.5 cups roasted chicken cooked chopped
- ☐ 3 cups cornbread packed crumbled
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups chicken broth low-sodium
- ☐ 4.5 ounce mushrooms drained sliced
- ☐ 0.5 medium onion chopped
- ☐ 6 servings parsley fresh chopped

- ☐ 1 tablespoon poultry seasoning
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 1 cup cream sour
- ☐ 1 tablespoon vegetable oil

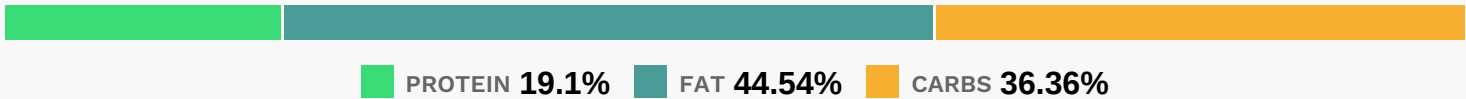
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saut celery and onion in hot oil in a medium skillet over medium-high heat 7 minutes or until vegetables are tender; set aside.
- ☐ Combine cornbread and poultry seasoning in a large bowl.
- ☐ Layer half of cornbread mixture on bottom of a lightly greased 11- x 7-inch baking dish.
- ☐ Combine onion mixture, chicken, and next 6 ingredients in a bowl. Spoon mixture evenly over top of cornbread mixture in dish. Top evenly with remaining half of cornbread mixture, and drizzle with butter.
- ☐ Bake, covered, at 350 for 30 minutes or until bubbly.
- ☐ Remove from oven, and top with cheese.
- ☐ Bake, uncovered, 10 more minutes or until cheese is golden.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:26.586086832959%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 765.16kcal (38.26%), Fat: 37.92g (58.34%), Saturated Fat: 16.53g (103.3%), Carbohydrates: 69.65g (23.22%), Net Carbohydrates: 66.32g (24.12%), Sugar: 21.27g (23.63%), Cholesterol: 211.23mg (70.41%), Sodium: 1064.29mg (46.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.59g (73.17%), Phosphorus: 792.13mg (79.21%), Vitamin K: 81.12µg (77.25%), Selenium: 41.85µg (59.78%), Vitamin B3: 10.39mg (51.95%), Vitamin B2: 0.62mg (36.67%), Calcium: 364.96mg (36.5%), Vitamin B6: 0.53mg (26.54%), Vitamin A: 1200.56IU (24.01%), Folate: 91.97µg (22.99%), Iron: 4.11mg (22.83%), Vitamin B5: 2.17mg (21.67%), Zinc: 3.21mg (21.39%), Vitamin B1: 0.32mg (21.27%), Manganese: 0.36mg (18.04%), Potassium: 571.95mg (16.34%), Vitamin B12: 0.93µg (15.49%), Magnesium: 54.27mg (13.57%), Fiber: 3.33g (13.32%), Copper: 0.26mg (13.05%), Vitamin E: 1.35mg (8.98%), Vitamin C: 7mg (8.48%), Vitamin D: 0.32µg (2.15%)