



Chicken-and-Squash Casserole

READY IN



305 min.

SERVINGS



6

CALORIES



749 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups breadcrumbs fresh soft
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 4 cups roasted chicken cooked chopped
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 large onion chopped
- ☐ 1.5 oz parmesan shredded
- ☐ 0.5 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 12 oz sharp cheddar cheese shredded
- ☐ 8 oz cream sour
- ☐ 2 pounds to 3 sized squashes yellow sliced
- ☐ 1 pound zucchini sliced

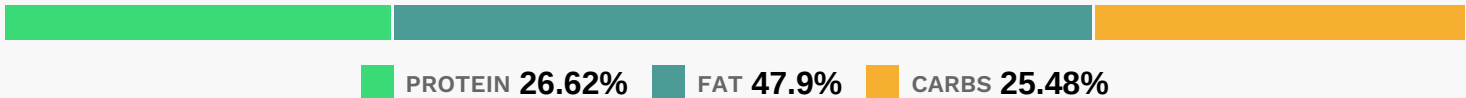
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ Place first 3 ingredients in a large microwave-safe bowl. Cover tightly with plastic wrap, folding back a small edge to allow steam to escape. Microwave at HIGH 8 minutes or until squash is tender; drain.
- ☐ Sprinkle with salt and pepper.
- ☐ Drain tomatoes well, pressing between paper towels. Stir together tomatoes, chicken, and next 4 ingredients.
- ☐ Layer one-third each soup mixture, squash mixture, breadcrumbs, and Cheddar cheese in a lightly greased 6-qt. slow cooker. Repeat layers twice. Top with Parmesan cheese.
- ☐ Cover and cook on HIGH 4 hours or until bubbly and edges are golden. Uncover and cook on HIGH 30 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:5.37, Inflammation Score:-9, Nutrition Score:37.496956576472%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 748.92kcal (37.45%), Fat: 40.22g (61.87%), Saturated Fat: 19.02g (118.89%), Carbohydrates: 48.13g (16.04%), Net Carbohydrates: 42.28g (15.37%), Sugar: 13.34g (14.83%), Cholesterol: 157.88mg (52.63%), Sodium: 1674.5mg (72.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.29g (100.58%), Selenium: 53.18µg (75.97%), Phosphorus: 709.84mg (70.98%), Calcium: 676.11mg (67.61%), Vitamin B3: 11.99mg (59.96%), Vitamin C: 48.33mg (58.58%), Vitamin B2: 0.97mg (57.25%), Vitamin B6: 1.09mg (54.39%), Manganese: 1mg (50.14%), Vitamin B1: 0.61mg (40.76%), Zinc: 5.42mg (36.14%), Potassium: 1247.54mg (35.64%), Folate: 135.49µg (33.87%), Vitamin A: 1662.4IU (33.25%), Iron: 5.41mg (30.07%), Magnesium: 116.23mg (29.06%), Copper: 0.5mg (25.04%), Fiber: 5.85g (23.4%), Vitamin K: 23.85µg (22.71%), Vitamin B5: 2.22mg (22.18%), Vitamin B12: 1.16µg (19.37%), Vitamin E: 2.03mg (13.56%), Vitamin D: 0.38µg (2.5%)