



Chicken-and-White Cheddar Casserole

READY IN



31 min.

SERVINGS



2

CALORIES



1196 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 servings cheddar cheese sauce
- ☐ 0.3 cup meat from a rotisserie chicken cooked chopped
- ☐ 4 large eggs lightly beaten
- ☐ 1 tablespoon green onions chopped
- ☐ 2 servings garnish: green onions chopped
- ☐ 1 Dash paprika
- ☐ 10 oz puff pastry shells frozen
- ☐ 0.3 cup cheddar cheese white extra-sharp

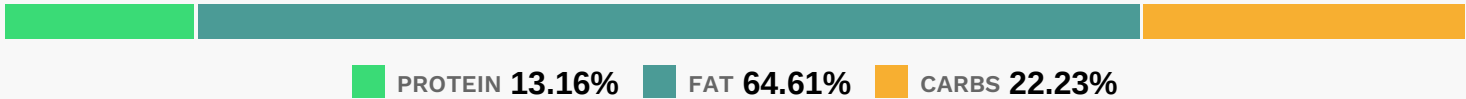
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Bake 4 pastry shells according to package directions. Reserve remaining shells for another use.
- ☐ Melt butter in a medium-size nonstick skillet over medium heat; add chicken and green onions. Saut 2 minutes or until green onions are tender.
- ☐ Add eggs, and cook, without stirring, 1 to 2 minutes or until eggs begin to set on bottom. Gently draw cooked edges away from sides of pan to form large pieces. Cook, stirring occasionally, 1 to 2 minutes or until eggs are thickened and moist. (Do not over stir.) Gently fold in Cheddar Cheese Sauce.
- ☐ Spoon egg mixture into prepared pastry shells.
- ☐ Sprinkle with cheese and paprika.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:119.5, Glycemic Load:35.04, Inflammation Score:-8, Nutrition Score:29.818260680074%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 1196.24kcal (59.81%), Fat: 85.77g (131.95%), Saturated Fat: 29.3g (183.09%), Carbohydrates: 66.42g (22.14%), Net Carbohydrates: 64.04g (23.29%), Sugar: 1.78g (1.98%), Cholesterol: 448.67mg (149.56%), Sodium: 847.51mg (36.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.3g (78.59%), Selenium: 83.36µg (119.08%), Vitamin B2: 1.1mg (64.54%), Phosphorus: 535.11mg (53.51%), Folate: 173.99µg (43.5%), Vitamin B1: 0.64mg

(42.46%), Vitamin K: 43.34µg (41.28%), Vitamin B3: 7.9mg (39.5%), Calcium: 393.21mg (39.32%), Manganese: 0.74mg (37.17%), Iron: 5.88mg (32.65%), Zinc: 4.06mg (27.06%), Vitamin A: 1282.4IU (25.65%), Vitamin B12: 1.44µg (23.95%), Vitamin B5: 1.96mg (19.58%), Vitamin B6: 0.33mg (16.63%), Vitamin E: 2.37mg (15.82%), Vitamin D: 2.26µg (15.1%), Copper: 0.27mg (13.46%), Magnesium: 53.52mg (13.38%), Potassium: 339.54mg (9.7%), Fiber: 2.38g (9.51%), Vitamin C: 1.69mg (2.05%)