



## Chicken Artichoke Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 10 oz alfredo sauce refrigerated reduced-fat
- 14 oz artichoke hearts drained chopped canned
- 4 oz asiago cheese shredded
- 3 cups roasted chicken cooked chopped
- 0.3 cup spring onion sliced (4 medium)
- 0.5 cup mayonnaise reduced-fat
- 1 tablespoon olive oil
- 1 cup bell pepper red chopped

1.5 cups pecorino cheese crushed (from 5-oz bag)

## Equipment

bowl

oven

baking pan

## Directions

Heat oven to 350F. Spray 11x7-inch (2-quart) baking dish with cooking spray. In 6-inch skillet, heat olive oil over medium heat.

Add bell pepper and green onions; cook 2 to 3 minutes, stirring occasionally, until bell pepper and onions start to soften. In large bowl, mix bell pepper mixture and all remaining ingredients except croutons. Spoon into baking dish. Top with croutons.

Bake 30 to 35 minutes or until hot and bubbly. If desired, sprinkle with additional sliced green onions.

## Nutrition Facts

**PROTEIN 30.77%** **FAT 61.11%** **CARBS 8.12%**

## Properties

Glycemic Index:19.67, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:16.398695624393%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 460.9kcal (23.04%), Fat: 30.57g (47.03%), Saturated Fat: 13.5g (84.4%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 7.5g (2.73%), Sugar: 3.4g (3.78%), Cholesterol: 125.33mg (41.78%), Sodium: 1373.16mg (59.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.25%), Calcium: 504.05mg (50.41%), Phosphorus: 466.36mg (46.64%), Vitamin C: 32.57mg (39.48%), Selenium: 25.63µg (36.62%), Vitamin B3: 5.85mg (29.27%), Vitamin A: 1112.2IU (22.24%), Vitamin K: 22.14µg (21.09%), Vitamin B6: 0.4mg (20.03%), Vitamin B2: 0.28mg (16.62%), Zinc: 2.32mg (15.47%), Vitamin B12: 0.71µg (11.83%), Vitamin B5: 0.96mg (9.65%), Magnesium: 37.45mg (9.36%), Vitamin E: 1.26mg (8.39%), Iron: 1.4mg (7.79%), Potassium: 268.9mg (7.68%), Fiber: 1.65g (6.59%), Folate:

21.41µg (5.35%), Vitamin B1: 0.08mg (5.15%), Copper: 0.06mg (3.23%), Manganese: 0.06mg (2.82%), Vitamin D:  
0.22µg (1.46%)