



 **15%**  
HEALTH SCORE

## Chicken Avocado Casserole

READY IN



60 min.

SERVINGS



8

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup almonds toasted sliced
- 2 avocado
- 7 tablespoons butter divided
- 1 cup chicken broth
- 0.5 teaspoon basil dried
- 0.5 teaspoon rosemary dried crushed
- 0.3 cup flour all-purpose
- 3 cups mushrooms fresh sliced
- 3 cups mushrooms fresh sliced

- 0.3 teaspoon pepper black
- 0.8 teaspoon kosher salt morton®
- 1 cup cream light
- 1 tablespoon olive oil
- 0.5 cup parmesan cheese grated
- 2 dashes hot sauce hot
- 0.3 cup cooking sherry
- 8 chicken breast halves boneless skinless

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F. Melt one tablespoon of butter in large heavy skillet.
- Add olive oil and swirl together with the butter.
- Add chicken and saute until chicken pieces are browned and juices run clear. Turn pieces to brown evenly while sauteing.
- Place chicken breasts in 9x13 baking dish and set aside.
- Melt 4 tablespoons of butter until foamy. Stir in flour, and cook for three minutes, stirring constantly. Slowly add cream and chicken broth. Continue stirring and cooking until smooth and thickened. Season sauce with Morton® Kosher Salt, black pepper, Parmesan cheese, hot pepper sauce and herbs. Set aside.
- Saute mushrooms in remaining two tablespoons of butter.
- Add sherry and cook until reduced.
- Place mushrooms over the chicken.
- Pour the sauce over the chicken and mushrooms.
- Bake uncovered for 25 minutes, then sprinkle with almonds, and return to oven for 10 minutes. Peel and slice avocados lengthwise and place over chicken before serving.

# Nutrition Facts

PROTEIN 25.12% FAT 64.63% CARBS 10.25%

## Properties

Glycemic Index:44.5, Glycemic Load:3.14, Inflammation Score:-6, Nutrition Score:24.273913051771%

## Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 497.66kcal (24.88%), Fat: 36.2g (55.7%), Saturated Fat: 15.26g (95.39%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 7.97g (2.9%), Sugar: 2.26g (2.51%), Cholesterol: 137.84mg (45.95%), Sodium: 664.76mg (28.9%), Alcohol: 0.77g (100%), Protein: 31.66g (63.32%), Vitamin B3: 15.8mg (78.99%), Selenium: 47.21µg (67.44%), Vitamin B6: 1.08mg (53.94%), Phosphorus: 420.82mg (42.08%), Vitamin B2: 0.63mg (37.36%), Vitamin B5: 3.55mg (35.49%), Potassium: 993.76mg (28.39%), Vitamin E: 3.59mg (23.91%), Copper: 0.43mg (21.57%), Fiber: 4.95g (19.81%), Magnesium: 72.96mg (18.24%), Folate: 69.38µg (17.34%), Manganese: 0.32mg (16.14%), Vitamin A: 771.78IU (15.44%), Vitamin B1: 0.22mg (14.86%), Vitamin K: 14.82µg (14.11%), Zinc: 1.95mg (13%), Calcium: 112.46mg (11.25%), Vitamin C: 8.1mg (9.81%), Iron: 1.61mg (8.92%), Vitamin B12: 0.43µg (7.09%), Vitamin D: 0.47µg (3.12%)