



## Chicken Broccoli Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



451 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14 oz broccoli florets frozen thawed drained
- 1 Tbsp butter melted
- 8 oz philadelphia cream cheese spread
- 1 tsp garlic powder
- 0.5 cup milk divided
- 24 ritz crackers crushed
- 1.5 cups milk sharp cheddar cheese shredded 2% kraft
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces

## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 400F.
- Mix cream cheese spread, 2 Tbsp. milk and garlic powder in large bowl until blended.
- Add chicken, broccoli, shredded cheese and remaining milk; mix well. Spoon into 13x9-inch baking dish sprayed with cooking spray; cover.
- Bake 25 min. Meanwhile, mix cracker crumbs and butter.
- Stir chicken mixture; top with crumbs.
- Bake, uncovered, 10 min. or until chicken mixture is heated through and crumb topping is golden brown.

## Nutrition Facts

**PROTEIN 32.55%** **FAT 52.84%** **CARBS 14.61%**

## Properties

Glycemic Index:25.33, Glycemic Load:1.42, Inflammation Score:-8, Nutrition Score:26.37695656652%

## Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.19mg, Kaempferol: 5.19mg, Kaempferol: 5.19mg, Kaempferol: 5.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

## Nutrients (% of daily need)

Calories: 450.69kcal (22.53%), Fat: 26.34g (40.52%), Saturated Fat: 13.66g (85.36%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 14.33g (5.21%), Sugar: 4.36g (4.84%), Cholesterol: 131.79mg (43.93%), Sodium: 642.61mg (27.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.51g (73.01%), Vitamin C: 60.37mg (73.18%), Vitamin K: 74.61µg (71.05%), Selenium: 47.02µg (67.17%), Vitamin B3: 12.88mg (64.38%), Vitamin B6: 1.01mg (50.64%), Phosphorus: 467.18mg (46.72%), Calcium: 326.31mg (32.63%), Vitamin A: 1180.37IU (23.61%), Vitamin B5: 2.24mg (22.38%), Vitamin B2: 0.38mg (22.16%), Potassium: 701.87mg (20.05%), Folate: 61.1µg (15.27%),

Zinc: 2.14mg (14.27%), Magnesium: 56.17mg (14.04%), Vitamin B1: 0.19mg (12.97%), Manganese: 0.23mg (11.47%),  
Vitamin B12: 0.64µg (10.67%), Vitamin E: 1.43mg (9.54%), Iron: 1.51mg (8.41%), Fiber: 2.04g (8.17%), Copper: 0.09mg  
(4.51%), Vitamin D: 0.51µg (3.38%)