



Chicken Divan

READY IN



55 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 cups broccoli florets cut into (1-inch) pieces
- 4 cups brown rice long-grain cooked
- 2 cups chicken breast cooked chopped
- 2 tablespoons cooking sherry dry
- 6 tablespoons flour all-purpose
- 0.3 cup half-and-half
- 0.5 teaspoon kosher salt
- 1.5 cups lower-sodium chicken broth fat-free

- 0.5 cup parmesan cheese fresh grated
- 1 cup sharp cheddar cheese shredded divided reduced-fat
- 0.5 cup slivered almonds toasted
- 2 tablespoons butter unsalted

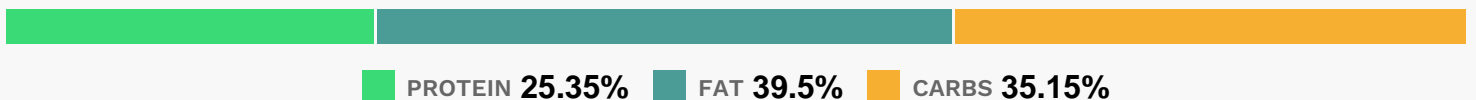
Equipment

- sauce pan
- oven
- whisk
- baking pan
- dutch oven

Directions

- Preheat oven to 37
- Cook broccoli in boiling water to cover 5 minutes; drain.
- While broccoli cooks, place flour in a Dutch oven or large saucepan. Gradually add broth, stirring with a whisk until blended. Bring to a boil, stirring with a whisk; reduce heat to medium, and cook 5 minutes or until mixture thickens.
- Add butter, stirring with a whisk until melted.
- Add Parmesan cheese, next 4 ingredients (through pepper), and 1/2 cup cheddar cheese, stirring until cheeses melt. Stir in broccoli, rice, and chicken.
- Spoon rice mixture into a 9-inch square glass or ceramic baking dish coated with cooking spray. Top with remaining cheddar cheese, and sprinkle with almonds. Cover and bake at 375 for 20 minutes. Uncover and bake 15 additional minutes or until bubbly and top is browned.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:5.24, Inflammation Score:-8, Nutrition Score:28.591304551%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 490.18kcal (24.51%), Fat: 21.52g (33.1%), Saturated Fat: 9.46g (59.1%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 37.8g (13.75%), Sugar: 2.63g (2.93%), Cholesterol: 78.91mg (26.3%), Sodium: 630.75mg (27.42%), Alcohol: 0.51g (100%), Alcohol %: 0.18% (100%), Protein: 31.07g (62.15%), Manganese: 1.6mg (80.01%), Vitamin C: 54.24mg (65.74%), Vitamin K: 64.21µg (61.15%), Selenium: 37.74µg (53.92%), Vitamin B3: 9.6mg (47.99%), Phosphorus: 464.88mg (46.49%), Calcium: 322.48mg (32.25%), Vitamin B6: 0.62mg (31.04%), Magnesium: 119.1mg (29.78%), Vitamin B2: 0.44mg (25.63%), Vitamin E: 3.25mg (21.67%), Fiber: 5.29g (21.15%), Vitamin B1: 0.29mg (19.42%), Zinc: 2.85mg (19.02%), Potassium: 607.91mg (17.37%), Folate: 68.13µg (17.03%), Vitamin A: 806.76IU (16.14%), Copper: 0.3mg (14.97%), Vitamin B5: 1.41mg (14.08%), Iron: 2.29mg (12.74%), Vitamin B12: 0.49µg (8.2%), Vitamin D: 0.27µg (1.81%)