



## Chicken Divan

READY IN



50 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup breadcrumbs plain
- 18 oz broccoli frozen thawed drained
- 1 tablespoon butter melted
- 2 tablespoons butter
- 2 teaspoons chicken soup base
- 3 cups roasted chicken cubed cooked
- 1 tablespoon dijon mustard
- 3 tablespoons flour all-purpose
- 2 cups milk

- 0.5 cup salad dressing
- 2 oz cheddar cheese shredded

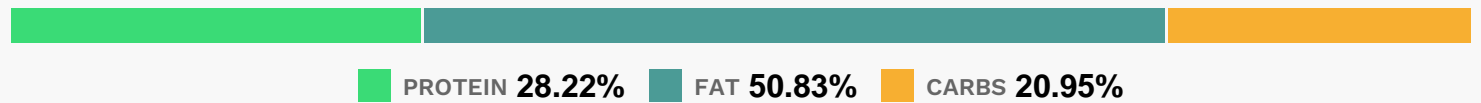
## Equipment

- bowl
- sauce pan
- oven
- whisk
- glass baking pan

## Directions

- Heat oven to 350F. In 2-quart saucepan, melt 2 tablespoons butter over medium heat. Stir in flour and bouillon granules. Gradually stir in milk, cooking and stirring constantly with wire whisk, until mixture boils and thickens. Stir in mayonnaise and mustard until well blended.
- In ungreased 12x8-inch (2-quart) glass baking dish, arrange broccoli spears. Top with chicken. Spoon sauce over chicken.
- Sprinkle with cheese.
- In small bowl, mix topping ingredients; sprinkle over top.
- Bake about 30 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:4.68, Inflammation Score:-8, Nutrition Score:24.098260879517%

## Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

## Nutrients (% of daily need)

Calories: 371.16kcal (18.56%), Fat: 21.07g (32.42%), Saturated Fat: 6.55g (40.91%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 16.85g (6.13%), Sugar: 8.04g (8.93%), Cholesterol: 71.8mg (23.93%), Sodium: 664.41mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.32g (52.65%), Vitamin K: 98.63µg (93.94%), Vitamin C: 75.97mg (92.09%), Selenium: 27.78µg (39.68%), Vitamin B3: 6.83mg (34.14%), Phosphorus: 338.26mg (33.83%), Vitamin B6: 0.52mg (25.82%), Vitamin B2: 0.41mg (23.89%), Calcium: 234.23mg (23.42%), Vitamin A: 1044.23IU (20.88%), Folate: 72.81µg (18.2%), Potassium: 599.3mg (17.12%), Vitamin B1: 0.25mg (16.64%), Vitamin B5: 1.58mg (15.77%), Zinc: 2.24mg (14.91%), Manganese: 0.29mg (14.65%), Vitamin B12: 0.77µg (12.87%), Magnesium: 51.04mg (12.76%), Iron: 2.04mg (11.36%), Fiber: 2.69g (10.76%), Vitamin E: 1.44mg (9.6%), Vitamin D: 0.95µg (6.34%), Copper: 0.11mg (5.59%)