



## Chicken Divan

READY IN



50 min.

SERVINGS



6

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds broccoli chopped ( 3 large heads)
- ☐ 0.3 cup wine dry
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic crushed
- ☐ 1 cup skim milk
- ☐ 2.5 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup parmesan grated
- ☐ 6 servings salt and pepper

- ☐ 0.3 cup bread crumbs whole-wheat
- ☐ 2 tablespoons shallots minced
- ☐ 24 ounces chicken breast boneless skinless
- ☐ 6 ounces swiss cheese shredded reduced-fat
- ☐ 1 tablespoon butter unsalted

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ grill pan
- ☐ cutting board

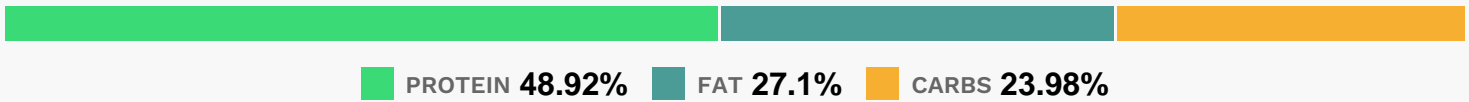
## Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add broccoli and blanch 3 minutes.
- ☐ Drain and rinse with cold water to stop cooking.
- ☐ Preheat oven to 350F. Mist a 9-by-13-inch baking dish with cooking spray.
- ☐ Season chicken with salt and pepper. Mist a large skillet or grill pan with cooking spray; place over medium-low heat. Cook chicken, turning once, until browned and almost cooked through, about 10minutes.
- ☐ Remove from heat; transfer chicken to a cutting board. When cool, slice chicken into bite-size pieces.
- ☐ Warm a medium skillet over medium heat.
- ☐ Add butter and 2 tsp. oil; heat until butter has melted.
- ☐ Add garlic and shallots and saut until tender, about 3 minutes.
- ☐ Sprinkle flour over mixture and whisk until incorporated. Stir in broth, milk and sherry and bring to a boil.

- ☐
- Remove from heat and stir in half of Swiss cheese. Season with salt and pepper.

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Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:5.31, Inflammation Score:-8, Nutrition Score:32.306521726691%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 326.54kcal (16.33%), Fat: 9.74g (14.99%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 15.74g (5.72%), Sugar: 4.99g (5.55%), Cholesterol: 91.57mg (30.52%), Sodium: 682.86mg (29.69%), Alcohol: 1.03g (100%), Alcohol %: 0.36% (100%), Protein: 39.58g (79.16%), Vitamin C: 103.99mg (126.05%), Vitamin K: 117.37µg (111.78%), Selenium: 47.29µg (67.56%), Vitamin B3: 13.18mg (65.91%), Phosphorus: 572.78mg (57.28%), Vitamin B6: 1.13mg (56.73%), Calcium: 441.57mg (44.16%), Vitamin B2: 0.45mg (26.66%), Potassium: 921.19mg (26.32%), Vitamin B5: 2.52mg (25.21%), Folate: 90.03µg (22.51%), Vitamin A: 957.96IU (19.16%), Magnesium: 73.76mg (18.44%), Vitamin B12: 1.07µg (17.83%), Zinc: 2.61mg (17.4%), Manganese: 0.34mg (16.78%), Vitamin B1: 0.23mg (15.43%), Fiber: 3.67g (14.66%), Iron: 2.03mg (11.3%), Vitamin E: 1.43mg (9.52%), Copper: 0.12mg (5.88%), Vitamin D: 0.65µg (4.31%)