



Chicken Divan with Almonds

READY IN



75 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

Ingredients

- 2 pound broccoli
- 0.3 cup butter ()
- 1 cup chicken broth
- 12 slices meat from a rotisserie chicken cooked
- 3 tablespoons cooking sherry dry
- 0.3 cup flour all-purpose
- 0.1 teaspoon ground nutmeg
- 0.5 cup heavy cream
- 1 cup milk

- 0.5 cup parmesan freshly grated
- 6 servings salt and pepper black freshly ground
- 1 cup slivered almonds

Equipment

- sauce pan
- oven
- mixing bowl
- hand mixer

Directions

- Place a collapsible steamer in a large saucepan with a tight-fitting lid, pour in enough water to just reach the bottom of the steamer, and bring to a boil.
- Break the broccoli into florets and place them in the saucepan. Steam until just tender, about 5 to 7 minutes and drain.
- Preheat to oven to 350 degrees F. Butter a shallow 2-quart casserole and set side.
- In a medium-size saucepan, melt the butter over moderate heat, then add the flour and stir for 1 minute. Gradually add the broth and milk and stir until thickened. Season with salt and pepper; add the nutmeg, 1/4 cup of the cheese, and the sherry. Stir until the cheese melts, and remove from the heat.
- Arrange the broccoli in the prepared casserole in a single layer, sprinkle the remaining 1/4 cup cheese over the top, arrange the chicken slices evenly over the broccoli, and sprinkle the almonds over the top.
- In a medium-size mixing bowl, beat the heavy cream with an electric mixer until soft peaks form, fold into the cheese sauce, pour evenly over the chicken and almonds, and bake until bubbly and golden brown, about 35 minutes.

Nutrition Facts

 PROTEIN 14.54%  FAT 64.09%  CARBS 21.37%

Properties

Glycemic Index:58.17, Glycemic Load:5.84, Inflammation Score:-9, Nutrition Score:27.188695803933%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 379.21kcal (18.96%), Fat: 28.11g (43.25%), Saturated Fat: 12.47g (77.91%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 14.73g (5.36%), Sugar: 6.23g (6.92%), Cholesterol: 55.58mg (18.53%), Sodium: 412.51mg (17.94%), Alcohol: 0.77g (100%), Alcohol %: 0.32% (100%), Protein: 14.34g (28.69%), Vitamin C: 134.99mg (163.62%), Vitamin K: 155.99µg (148.56%), Vitamin E: 6.25mg (41.65%), Manganese: 0.81mg (40.45%), Vitamin B2: 0.56mg (32.91%), Vitamin A: 1603.21IU (32.06%), Phosphorus: 311.68mg (31.17%), Calcium: 287.31mg (28.73%), Folate: 114.59µg (28.65%), Fiber: 6.36g (25.42%), Magnesium: 93.43mg (23.36%), Potassium: 723.51mg (20.67%), Vitamin B6: 0.34mg (17.17%), Vitamin B1: 0.23mg (15.05%), Selenium: 10.28µg (14.69%), Copper: 0.28mg (14.07%), Vitamin B5: 1.25mg (12.52%), Iron: 2.19mg (12.15%), Zinc: 1.74mg (11.59%), Vitamin B3: 2.26mg (11.3%), Vitamin B12: 0.38µg (6.35%), Vitamin D: 0.81µg (5.38%)