



Chicken Kathleen

READY IN



85 min.

SERVINGS



6

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups breadcrumbs dried
- 10 ounce broccoli frozen thawed chopped
- 0.5 cup butter
- 21.5 ounce cream of chicken soup canned
- 0.8 cup milk
- 10 ounce rice yellow cooked
- 8 ounce cheddar cheese shredded
- 2 chicken breast halves boneless skinless cubed cooked

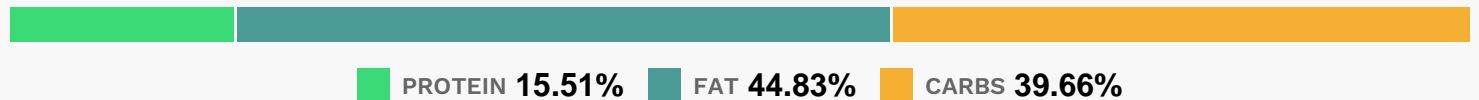
Equipment

- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Spread rice evenly over the bottom of a lightly greased 9x13 inch baking dish.
- Sprinkle cubed chicken evenly over rice, then sprinkle the broccoli over the chicken.
- Mix soup and milk together, and pour mixture evenly over chicken/broccoli mixture.
- Sprinkle cheese evenly over the soup.
- Melt butter or margarine in a small saucepan or skillet over low heat; add bread crumbs and mix completely together. Spoon mixture evenly over cheese layer in baking dish and cover with aluminum foil.
- Bake at 375 degrees F (190 degrees C) for 1 hour.

Nutrition Facts



Properties

Glycemic Index:41.86, Glycemic Load:27.27, Inflammation Score:-8, Nutrition Score:27.872173806895%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 773.25kcal (38.66%), Fat: 38.4g (59.08%), Saturated Fat: 20.06g (125.36%), Carbohydrates: 76.46g (25.49%), Net Carbohydrates: 72.99g (26.54%), Sugar: 5.24g (5.83%), Cholesterol: 114.36mg (38.12%), Sodium: 1418.73mg (61.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.89g (59.78%), Selenium: 42.84µg

(61.2%), Vitamin K: 57.18µg (54.46%), Vitamin C: 42.7mg (51.76%), Manganese: 1.02mg (51.19%), Phosphorus: 463.98mg (46.4%), Calcium: 426.72mg (42.67%), Vitamin B3: 7.83mg (39.16%), Vitamin B1: 0.48mg (32.07%), Vitamin B2: 0.52mg (30.77%), Vitamin A: 1391.44IU (27.83%), Vitamin B6: 0.53mg (26.56%), Zinc: 3.27mg (21.82%), Folate: 84.11µg (21.03%), Iron: 3.74mg (20.79%), Vitamin B5: 1.97mg (19.71%), Copper: 0.37mg (18.59%), Magnesium: 65.32mg (16.33%), Potassium: 542.74mg (15.51%), Fiber: 3.46g (13.85%), Vitamin B12: 0.8µg (13.31%), Vitamin E: 1.81mg (12.05%), Vitamin D: 0.6µg (4%)