



## “Chicken” Poppy Seed Vegan Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 cups baby spinach leaves fresh
- ☐ 1 can water chestnuts drained sliced
- ☐ 0.5 teaspoon celery seed
- ☐ 2 no-chicken” vegan bouillon cubes (if they are the double size kind, be sure to use just one)
- ☐ 0.3 cup dairy-free margarine melted
- ☐ 2 ounce morningstar farms meal starters chick'n strips homemade thawed cut into bite size pieces (or substitute 1 pound chicken-flavored seitan, purchased or )
- ☐ 2 teaspoons poppy seeds
- ☐ 1.5 cups soymilk unsweetened

- ☐ 6 ounces vegan buttery crackers crushed (such as Late July or Ritz)
- ☐ 8 ounces vegan cream alternative sour
- ☐ 0.3 cup flour whole wheat white all-purpose (I use because that's what I keep on hand)

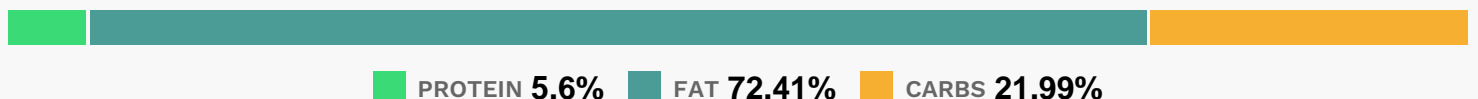
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

## Directions

- ☐ Preheat your oven to 350°F and grease a 9 x 13-inch casserole dish. In a 2-quart saucepan over medium-high heat, melt the 2 tablespoons of margarine.
- ☐ Whisk in the flour until well combined.
- ☐ Whisk in the soymilk and crushed bouillon cubes and cook, whisking continually, for 2 to 3 minutes or until thick. Lower the heat if sauce seems to be cooking too fast. Stir in celery seed, if using, and set aside to cool to room temperature.
- ☐ Whisk in the sour cream alternative.
- ☐ Sprinkle the chopped Chick'n Strips or seitan evenly over the bottom of the casserole dish. Cover with a layer of water chestnuts.
- ☐ Pour the sauce over the top and spread evenly to cover the chicken and water chestnuts. In a medium bowl, use a fork to combine the 1/4 cup melted margarine with the Ritz Cracker crumbs.
- ☐ Sprinkle the crumbs evenly over the sauce followed by the poppy seeds.
- ☐ Bake for 30 to 40 minutes or until bubbly.
- ☐ Serve a scoop of the casserole over a bed of about 1/2 cup fresh baby spinach.

## Nutrition Facts



## Properties

Glycemic Index:8.63, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:11.184347748756%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 345.64kcal (17.28%), Fat: 28.34g (43.6%), Saturated Fat: 6.67g (41.71%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 16.91g (6.15%), Sugar: 3.49g (3.88%), Cholesterol: 0.48mg (0.16%), Sodium: 635.03mg (27.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Vitamin K: 74.59µg (71.03%), Vitamin A: 1420.16IU (28.4%), Vitamin E: 2.96mg (19.75%), Vitamin B1: 0.28mg (18.8%), Manganese: 0.28mg (13.75%), Vitamin B12: 0.65µg (10.85%), Fiber: 2.46g (9.84%), Calcium: 96.97mg (9.7%), Vitamin B2: 0.15mg (8.77%), Folate: 34.32µg (8.58%), Iron: 1.32mg (7.35%), Vitamin B6: 0.14mg (6.99%), Magnesium: 26.33mg (6.58%), Copper: 0.12mg (6.21%), Potassium: 213.19mg (6.09%), Phosphorus: 53.38mg (5.34%), Vitamin C: 4.09mg (4.95%), Vitamin D: 0.55µg (3.64%), Selenium: 2.42µg (3.46%), Vitamin B3: 0.62mg (3.08%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.14mg (1.36%)