

Chicken Sherry

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



578 kcal

BEVERAGE

DRINK

Ingredients

- 21.5 ounce cream of chicken soup canned
- 4 cups chicken breast cooked
- 0.3 cup cooking sherry dry
- 20 ounce green beans whole frozen thawed
- 1 cup mayonnaise
- 1 pinch nutmeg grated
- 6 servings paprika for sprinkling
- 0.5 cup parmesan cheese grated

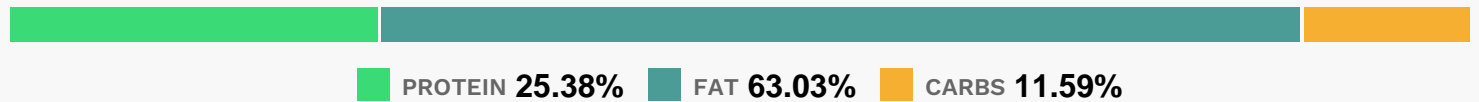
Equipment

- oven
- baking pan
- glass baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch glass baking dish with cooking spray.
- Stir together the soup, mayonnaise, sherry, and nutmeg.
- Layer half of the green beans into the prepared baking dish.
- Spread with half of the chicken, half of the sauce, and half of the Parmesan cheese; then repeat the layers.
- Sprinkle the top with a little paprika.
- Bake in preheated oven until the Parmesan cheese has turned golden brown, and the casserole is hot, 45 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:5.22, Inflammation Score:-9, Nutrition Score:23.88086971511%

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: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 578.39kcal (28.92%), Fat: 39.98g (61.51%), Saturated Fat: 8.46g (52.87%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 13.24g (4.82%), Sugar: 4.2g (4.66%), Cholesterol: 110.39mg (36.8%), Sodium: 1172.66mg (50.99%), Alcohol: 1.03g (100%), Alcohol %: 0.38% (100%), Protein: 36.22g (72.45%), Vitamin K: 107.72µg (102.59%), Vitamin B3: 14.11mg (70.55%), Selenium: 32.17µg (45.96%), Vitamin A: 1938.13IU (38.76%), Vitamin B6: 0.75mg (37.55%), Phosphorus: 349.31mg (34.93%), Vitamin E: 3.04mg (20.25%), Iron: 3.59mg (19.95%), Vitamin B2: 0.31mg (18.44%), Manganese: 0.35mg (17.35%), Potassium: 564.19mg (16.12%), Magnesium: 62.91mg (15.73%), Calcium: 145.63mg (14.56%), Vitamin B5: 1.45mg (14.54%), Vitamin C: 11.65mg (14.13%), Copper: 0.27mg (13.39%), Zinc: 1.97mg (13.16%), Fiber: 3.28g (13.14%), Vitamin B1: 0.17mg (11.31%), Folate: 40.52µg (10.13%), Vitamin B12: 0.47µg (7.91%), Vitamin D: 0.21µg (1.4%)