



College Chicken Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



770 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 pounds chicken breast halves
- ☐ 1 pound chicken thighs
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 1.5 teaspoons basil dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves halved
- ☐ 3 tablespoons butter light melted
- ☐ 1 cup milk 1% low-fat

- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 cups herb-seasoned stuffing mix
- ☐ 6 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ dutch oven

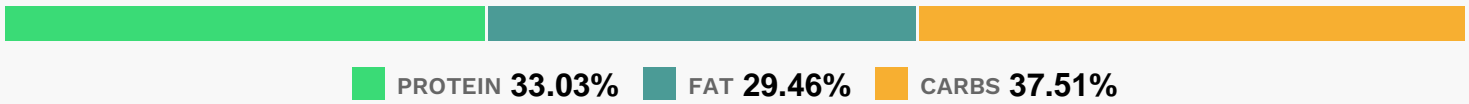
Directions

- ☐ Combine first 5 ingredients in a Dutch oven; bring to a boil.
- ☐ Add chicken; cover, reduce heat, and simmer 30 minutes or until tender.
- ☐ Remove chicken with a slotted spoon; bring broth mixture to a boil. Cook until reduced to 4 cups (about 30 minutes).
- ☐ Pour reduced broth mixture into a zip-top plastic bag. Snip off 1 corner of bag; drain 2 cups broth mixture into a 2-cup glass measure, stopping before the fat layer reaches the opening. Reserve remaining broth mixture for another use. Discard fat.
- ☐ Remove chicken from skin and bones; shred with 2 forks to measure 4 1/2 cups meat.
- ☐ Place chicken in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Preheat oven to 40
- ☐ Place a large skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms; saut 5 minutes.

- ☐
- Remove from skillet.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:34.51086979327%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 769.62kcal (38.48%), Fat: 24.28g (37.35%), Saturated Fat: 7.75g (48.45%), Carbohydrates: 69.54g (23.18%), Net Carbohydrates: 66.52g (24.19%), Sugar: 9.41g (10.45%), Cholesterol: 193.12mg (64.37%), Sodium: 1605.66mg (69.81%), Alcohol: 2.06g (100%), Alcohol %: 0.36% (100%), Protein: 61.24g (122.49%), Selenium: 119.09µg (170.12%), Vitamin B3: 28.31mg (141.55%), Vitamin B6: 1.75mg (87.62%), Phosphorus: 702.55mg (70.26%), Vitamin B2: 0.88mg (51.86%), Vitamin B1: 0.74mg (49.2%), Vitamin B5: 4.26mg (42.56%), Folate: 162.42µg (40.6%), Potassium: 1289.36mg (36.84%), Manganese: 0.67mg (33.61%), Iron: 5.02mg (27.88%), Copper: 0.54mg (27.13%), Magnesium: 106.79mg (26.7%), Zinc: 3.43mg (22.88%), Vitamin B12: 1.18µg (19.6%), Calcium: 170.34mg (17.03%), Fiber: 3.03g (12.11%), Vitamin K: 7.71µg (7.34%), Vitamin E: 0.94mg (6.24%), Vitamin A: 309.93IU (6.2%), Vitamin D: 0.79µg (5.24%), Vitamin C: 2.36mg (2.85%)