



Creamed Chicken Toppers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup peas sweet green frozen
- ☐ 0.3 teaspoon pepper
- ☐ 2 ounce pimientos diced
- ☐ 0.3 teaspoon salt

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6 slices bread white toasted

Equipment

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sauce pan

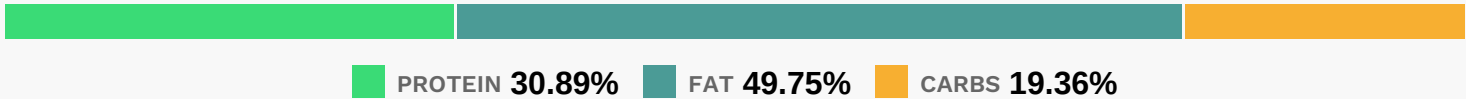
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whisk

Directions

- ☐ Whisk broth gradually into flour in a saucepan; whisk over medium-high heat until thickened.
- ☐ Remove from heat; whisk in mayonnaise.
- ☐ Add chicken and next 4 ingredients; cook until thoroughly heated. (Do not boil.)
- ☐ Serve over bread.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:13.3, Inflammation Score:-6, Nutrition Score:15.278695642948%

Nutrients (% of daily need)

Calories: 437.03kcal (21.85%), Fat: 23.66g (36.4%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 19.02g (6.91%), Sugar: 2.46g (2.73%), Cholesterol: 77.1mg (25.7%), Sodium: 702.27mg (30.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.05g (66.1%), Selenium: 32.91µg (47.01%), Vitamin B3: 7.25mg (36.23%), Vitamin K: 36.17µg (34.45%), Phosphorus: 249.26mg (24.93%), Vitamin B6: 0.39mg (19.73%), Zinc: 2.89mg (19.28%), Vitamin C: 14.66mg (17.77%), Iron: 3.04mg (16.88%), Vitamin B1: 0.25mg (16.42%), Vitamin B2: 0.26mg (15.17%), Vitamin B12: 0.84µg (14.05%), Manganese: 0.27mg (13.69%), Folate: 53.63µg (13.41%), Vitamin A: 496.57IU (9.93%), Magnesium: 36.08mg (9.02%), Potassium: 300.95mg (8.6%), Calcium: 74.59mg (7.46%), Fiber: 1.69g (6.76%), Copper: 0.13mg (6.68%), Vitamin B5: 0.66mg (6.65%), Vitamin E: 0.99mg (6.58%)