



Creamy Broccoli Bake With Chicken

READY IN



23 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz cheese blue crumbled
- ☐ 24 oz broccoli florets fresh
- ☐ 2 tablespoons butter
- ☐ 1 pound chicken breast cooked chopped
- ☐ 3 oz cream cheese softened
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon salt

☐ 0.3 cup saltines crushed finely (10 crackers)

Equipment

☐ sauce pan

☐ oven

☐ whisk

☐ baking pan

☐ dutch oven

Directions

☐ Preheat oven to 35

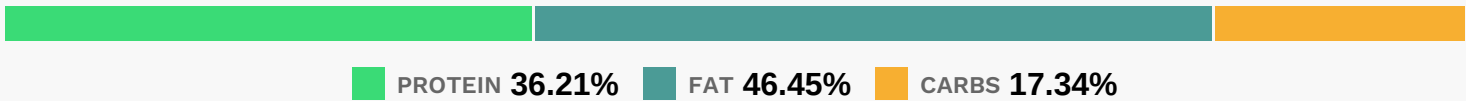
☐ Coarsely chop broccoli. Cook broccoli and 1 Tbsp. salt in a Dutch oven in boiling water to cover 3 minutes or until crisp-tender; drain.

☐ Melt butter in a medium-size heavy saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook over medium heat, whisking constantly, until mixture is thickened and bubbly. Stir in cheeses and 1/4 tsp. salt until melted. Stir in broccoli and chicken.

☐ Place in a lightly greased 11- x 7-inch baking dish; sprinkle with crackers.

☐ Bake at 350 for 30 minutes or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:4.26, Inflammation Score:-8, Nutrition Score:27.76478271899%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 375.04kcal (18.75%), Fat: 19.52g (30.02%), Saturated Fat: 10.89g (68.07%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 13.27g (4.82%), Sugar: 5.55g (6.17%), Cholesterol: 110.1mg (36.7%), Sodium: 1704.69mg (74.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.23g (68.46%), Vitamin C: 101.15mg (122.61%), Vitamin K: 118.15µg (112.52%), Vitamin B3: 11.76mg (58.8%), Selenium: 30.12µg (43.02%), Phosphorus: 404.91mg (40.49%), Vitamin B6: 0.73mg (36.66%), Vitamin B2: 0.44mg (25.92%), Calcium: 256.22mg (25.62%), Vitamin A: 1272.4IU (25.45%), Folate: 92.47µg (23.12%), Potassium: 720.43mg (20.58%), Vitamin B5: 2.05mg (20.49%), Manganese: 0.31mg (15.48%), Magnesium: 60.25mg (15.06%), Vitamin B1: 0.22mg (14.9%), Vitamin B12: 0.86µg (14.33%), Zinc: 2.1mg (13.98%), Fiber: 3.12g (12.5%), Iron: 2.03mg (11.29%), Vitamin E: 1.44mg (9.62%), Copper: 0.11mg (5.67%), Vitamin D: 0.84µg (5.61%)