



# Creamy Chicken and Polenta Casserole

 **Gluten Free**

READY IN

ready

56 min.

SERVINGS

servings

80

CALORIES

calories

49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 16 ounce roasted garlic alfredo sauce with classico
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 32 ounce chicken broth
- ☐ 0.3 cup basil fresh chopped
- ☐ 6 ounces cheese blend shredded italian
- ☐ 12 ounce marinated artichoke hearts drained coarsely chopped quartered
- ☐ 0.8 cup parmesan cheese shredded

- ☐ 12 ounce roasted bell peppers red drained chopped
- ☐ 4 cups meat from a rotisserie chicken shredded cooked 1 large rotisserie chicken
- ☐ 1 cup cornmeal yellow

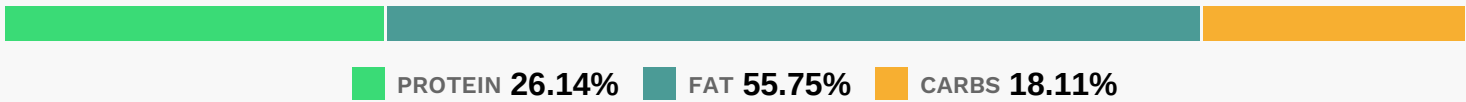
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Bring first 3 ingredients to a boil in a large saucepan; gradually whisk in cornmeal. Cook 4 minutes or until thickened and bubbly, stirring constantly.
- ☐ Remove from heat; stir in Parmesan cheese. Spoon polenta evenly into 2 (8") square disposable ovenproof pans (see Note below). Cool 10 minutes.
- ☐ Sprinkle artichoke hearts, peppers, and chicken evenly over polenta.
- ☐ Pour Alfredo sauce over chicken in both pans.
- ☐ Sprinkle with basil; top with Italian cheese blend. Cover and chill until ready to bake.
- ☐ Before baking, place pan on center of a baking sheet.
- ☐ Bake, uncovered, at 350 for 25 minutes or until casserole is thoroughly heated.
- ☐ Note: We tested with Glad Oven
- ☐ Ware disposable pans. Clip and save instructions from back or bottom panel, and share these instructions when gift giving.

## Nutrition Facts



## Properties

Glycemic Index:2.47, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:1.3852173860144%

**Nutrients (% of daily need)**

Calories: 48.72kcal (2.44%), Fat: 2.99g (4.59%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.86g (0.67%), Sugar: 0.22g (0.25%), Cholesterol: 10.26mg (3.42%), Sodium: 182.25mg (7.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin C: 2.89mg (3.5%), Vitamin B3: 0.65mg (3.26%), Selenium: 2.11µg (3.02%), Phosphorus: 25.88mg (2.59%), Vitamin B6: 0.05mg (2.45%), Calcium: 19.7mg (1.97%), Vitamin A: 92.92IU (1.86%), Manganese: 0.03mg (1.44%), Zinc: 0.21mg (1.4%), Vitamin B2: 0.02mg (1.38%), Fiber: 0.33g (1.31%), Iron: 0.23mg (1.27%), Magnesium: 4.69mg (1.17%)