



Creamy Chicken-Vegetable Casserole

READY IN



70 min.

SERVINGS



6

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups brown white cooked
- ☐ 2 tablespoons butter
- ☐ 12 ounce grilled & chicken breast diced refrigerated tyson® ready®
- ☐ 0.5 teaspoon thyme leaves dried crushed
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups mushrooms fresh sliced
- ☐ 10 ounce pkt spinach frozen thawed drained chopped well
- ☐ 2 cloves garlic minced

- ☐ 2 cups milk
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup parmesan cheese shredded finely
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup bell pepper sweet red yellow chopped

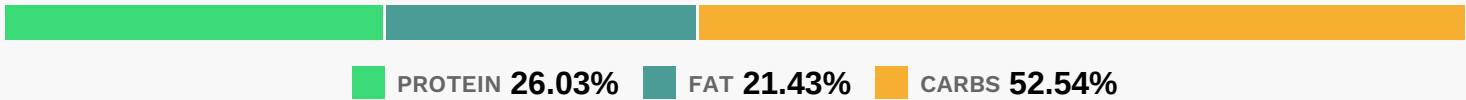
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F. In an extra-large skillet cook and stir mushrooms, sweet pepper, onion, and garlic in hot butter over medium heat until tender. Stir in flour, salt, thyme, and black pepper. Slowly stir in milk; cook and stir until thickened and bubbly. Stir in spinach, rice, Grilled & Ready® Diced Chicken, and 1/4 cup of the Parmesan cheese.
- ☐ Spoon mixture into a 2-quart rectangular baking dish.
- ☐ Sprinkle with remaining Parmesan cheese.
- ☐ Bake, covered, 20 minutes. Uncover and bake about 10 minutes more or until heated through.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:62.03, Glycemic Load:34.68, Inflammation Score:-10, Nutrition Score:32.255217427793%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 485.56kcal (24.28%), Fat: 11.47g (17.64%), Saturated Fat: 6.02g (37.64%), Carbohydrates: 63.24g (21.08%), Net Carbohydrates: 60.14g (21.87%), Sugar: 5.59g (6.21%), Cholesterol: 73.65mg (24.55%), Sodium: 567.95mg (24.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.33g (62.65%), Vitamin K: 178.36µg (169.87%), Vitamin A: 5907.04IU (118.14%), Manganese: 1.14mg (57.12%), Vitamin B3: 10.77mg (53.83%), Selenium: 36.28µg (51.82%), Vitamin C: 38.79mg (47.02%), Phosphorus: 407.75mg (40.78%), Vitamin B6: 0.68mg (33.79%), Vitamin B2: 0.51mg (29.79%), Calcium: 297.34mg (29.73%), Folate: 99.06µg (24.76%), Magnesium: 88.99mg (22.25%), Vitamin B5: 2.12mg (21.2%), Potassium: 682.48mg (19.5%), Copper: 0.37mg (18.72%), Vitamin B1: 0.26mg (17.13%), Zinc: 2.35mg (15.64%), Iron: 2.69mg (14.95%), Vitamin B12: 0.75µg (12.55%), Fiber: 3.1g (12.4%), Vitamin E: 1.78mg (11.84%), Vitamin D: 1.06µg (7.05%)