



 **20%**
HEALTH SCORE

Easy Chicken and Broccoli Casserole

 **Gluten Free**

READY IN



60 min.

SERVINGS



15

CALORIES



267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 head broccoli cut into florets
- 21.5 ounce cream of chicken soup canned
- 3 cups roasted chicken cubed cooked
- 0.3 teaspoon curry powder
- 1 cup yogurt plain fat-free
- 1 cup yogurt plain fat-free
- 0.5 teaspoon garlic powder

- 3 tablespoons juice of lemon
- 1.5 cups cheddar cheese shredded
- 0.3 cup slivered almonds
- 2 cups water
- 1 cup rice white uncooked
- 1 cup rice white uncooked

Equipment

- sauce pan
- oven
- mixing bowl
- pot
- baking pan
- colander

Directions

- Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Meanwhile, bring a large pot of lightly salted water to a boil.
- Add the broccoli florets, and cook uncovered until just tender, about 4 minutes.
- Drain in a colander, then immediately rinse with cold water for several minutes until cold to stop the cooking process. Once the broccoli is cold, drain well, chop into small pieces, and place into a mixing bowl.
- Preheat an oven to 350 degrees F (175 degrees C).
- Stir the cooked rice, chicken, Cheddar cheese, cream of chicken soup, yogurt, almonds, curry powder, garlic powder, pepper, and lemon juice into the broccoli until evenly mixed. Spoon the mixture into a 9x13 inch baking dish.
- Bake in the preheated oven until hot and bubbly, about 30 minutes.

Nutrition Facts



PROTEIN 23.93% FAT 32.56% CARBS 43.51%

Properties

Glycemic Index:18.42, Glycemic Load:13.75, Inflammation Score:-5, Nutrition Score:14.263043452864%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 266.62kcal (13.33%), Fat: 9.63g (14.81%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 27.23g (9.9%), Sugar: 3.67g (4.08%), Cholesterol: 36.2mg (12.07%), Sodium: 421.63mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.84%), Vitamin C: 37.66mg (45.64%), Vitamin K: 43.46µg (41.39%), Selenium: 16.9µg (24.15%), Phosphorus: 236.88mg (23.69%), Manganese: 0.45mg (22.53%), Calcium: 187.87mg (18.79%), Vitamin B2: 0.27mg (16.1%), Vitamin B3: 3.16mg (15.79%), Vitamin B6: 0.26mg (12.9%), Zinc: 1.79mg (11.96%), Vitamin B5: 1.11mg (11.05%), Potassium: 355.32mg (10.15%), Magnesium: 38.64mg (9.66%), Folate: 37.78µg (9.44%), Copper: 0.18mg (9.11%), Vitamin A: 454.18IU (9.08%), Vitamin E: 1.27mg (8.5%), Iron: 1.42mg (7.89%), Fiber: 1.71g (6.85%), Vitamin B12: 0.4µg (6.67%), Vitamin B1: 0.09mg (6.26%)