

Taste of Home

 14%
HEALTH SCORE

Easy Chicken Divan

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups roasted chicken cubed cooked
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 4 cups broccoli florets frozen thawed
- 20 ounces cream of chicken soup undiluted canned
- 0.3 cup mayonnaise
- 0.3 cup milk 2%
- 2 cups cheddar cheese shredded divided

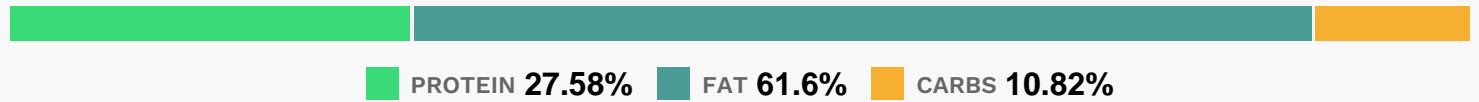
Equipment

- bowl
- oven
- baking pan

Directions

- In a greased shallow 2-1/2-qt. baking dish, combine the chicken, salt and pepper. Top with broccoli. In a large bowl, combine the soup, mayonnaise, milk and 1-1/2 cups cheese; pour over broccoli.
- Sprinkle with remaining cheese.
- Bake, uncovered, at 375° for 20-25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:3.74, Inflammation Score:-7, Nutrition Score:21.173478525618%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 445.98kcal (22.3%), Fat: 30.46g (46.87%), Saturated Fat: 10.87g (67.92%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 10.45g (3.8%), Sugar: 2.57g (2.86%), Cholesterol: 101.54mg (33.85%), Sodium: 1239.96mg (53.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.39%), Vitamin K: 87.13µg (82.98%), Vitamin C: 54.23mg (65.73%), Selenium: 26.67µg (38.1%), Phosphorus: 379.05mg (37.9%), Vitamin B3: 6.33mg (31.64%), Calcium: 309.45mg (30.95%), Vitamin B6: 0.42mg (21.05%), Vitamin B2: 0.36mg (20.99%), Zinc: 2.78mg (18.52%), Vitamin A: 843.24IU (16.86%), Iron: 2.55mg (14.16%), Vitamin B5: 1.36mg (13.6%), Potassium: 447.45mg (12.78%), Folate: 49.59µg (12.4%), Vitamin B12: 0.73µg (12.15%), Manganese: 0.23mg (11.26%), Magnesium: 41.91mg (10.48%), Copper: 0.2mg (10.21%), Vitamin E: 1.49mg (9.93%), Vitamin B1: 0.11mg (7.5%), Fiber: 1.6g (6.39%), Vitamin D: 0.21µg (1.41%)