



Fast Chicken Divan

READY IN



35 min.

SERVINGS



6

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups broccoli florets frozen chopped
- 3 tablespoons butter melted
- 20 ounces cream of chicken soup undiluted canned
- 3 cups roasted chicken cubed cooked
- 0.8 cup breadcrumbs dry
- 1 teaspoon juice of lemon
- 1 cup mayonnaise
- 1 tablespoon pimientos sliced
- 4 ounces sharp cheddar cheese shredded

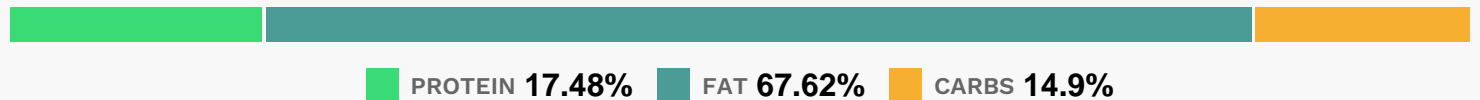
Equipment

- sauce pan
- oven
- baking pan

Directions

- In a large saucepan, cook the broccoli in boiling water for 1 minute; drain.
- Transfer to a greased 11-in. x 7-in. baking dish; top with chicken.
- Combine the soup, mayonnaise and lemon juice; spread over chicken.
- Sprinkle with cheese.
- Combine bread crumbs and butter; sprinkle over top.
- Bake, uncovered, at 325° for 30 minutes or until bubbly and golden brown.
- Let stand for 10 minutes before serving.
- Garnish with pimientos if desired.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:4.76, Inflammation Score:-9, Nutrition Score:27.798261061959%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 9.51mg, Kaempferol: 9.51mg, Kaempferol: 9.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 678.58kcal (33.93%), Fat: 51.3g (78.92%), Saturated Fat: 14.77g (92.3%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 21.61g (7.86%), Sugar: 3.79g (4.21%), Cholesterol: 109.69mg (36.56%), Sodium: 1260.85mg (54.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.84g (59.68%), Vitamin K: 190.58µg (181.5%),

Vitamin C: 111.25mg (134.84%), Selenium: 31.73µg (45.33%), Vitamin B3: 7.59mg (37.95%), Phosphorus: 362.72mg (36.27%), Vitamin A: 1411.59IU (28.23%), Vitamin B6: 0.54mg (26.94%), Vitamin B2: 0.44mg (25.74%), Folate: 102.66µg (25.67%), Calcium: 241.87mg (24.19%), Manganese: 0.46mg (23.1%), Vitamin E: 3.02mg (20.12%), Iron: 3.55mg (19.71%), Vitamin B1: 0.28mg (18.84%), Zinc: 2.79mg (18.62%), Potassium: 645.86mg (18.45%), Vitamin B5: 1.78mg (17.83%), Fiber: 3.82g (15.29%), Magnesium: 55.61mg (13.9%), Copper: 0.27mg (13.48%), Vitamin B12: 0.51µg (8.45%), Vitamin D: 0.19µg (1.25%)