



Golden Chicken Divan

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli chopped
- ☐ 1 tablespoon butter melted
- ☐ 1.5 cup meat from a rotisserie chicken cubed cooked
- ☐ 10.8 oz cream of broccoli soup canned
- ☐ 2 tablespoons bread crumbs dry
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 0.5 cup cheddar cheese shredded

☐ 0.3 cup cup heavy whipping cream sour

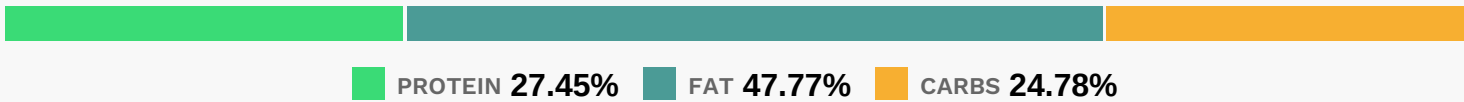
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cover broccoli with water in a saucepan; bring to a boil over medium heat. Cook 5 minutes or until tender; drain.
- ☐ In a large bowl, combine broccoli, chicken, soup, sour cream, garlic powder, onion powder and salt.
- ☐ Spread on a greased 8"x8" baking pan; sprinkle with cheese.
- ☐ Mix together melted butter and bread crumbs; sprinkle over cheese.
- ☐ Bake, uncovered, at 450 for 15 minutes or until bubbly and golden.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:17.093912865805%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 209.13kcal (10.46%), Fat: 11.31g (17.4%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 10.83g (3.94%), Sugar: 2.84g (3.15%), Cholesterol: 50.76mg (16.92%), Sodium: 560.61mg (24.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.24%), Vitamin C: 67.59mg (81.93%), Vitamin K: 78.48µg (74.74%), Selenium: 15.55µg (22.21%), Phosphorus: 196.36mg (19.64%), Vitamin B3: 3.7mg (18.51%), Manganese: 0.35mg (17.75%), Vitamin B6: 0.31mg (15.61%), Vitamin A: 752.14IU (15.04%), Folate: 57µg (14.25%),

Vitamin B2: 0.23mg (13.67%), Calcium: 134.9mg (13.49%), Vitamin B5: 1.23mg (12.35%), Potassium: 409.37mg (11.7%), Zinc: 1.55mg (10.32%), Fiber: 2.37g (9.47%), Copper: 0.17mg (8.74%), Vitamin B1: 0.13mg (8.61%), Iron: 1.38mg (7.64%), Magnesium: 29.42mg (7.35%), Vitamin E: 0.8mg (5.36%), Vitamin B12: 0.26µg (4.4%)