



Gruyère Chicken Divan

READY IN



30 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups broccoli cooked chopped
- ☐ 6 ounces gruyere cheese shredded
- ☐ 1 cup chicken broth ready-to-serve canned
- ☐ 4 cups chicken breast cooked chopped (skinned before cooking and without salt)
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.1 teaspoon ground pepper white
- ☐ 1.5 cups half-and-half

- ☐ 0.5 cup butter divided melted
- ☐ 2 teaspoons paprika
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots chopped

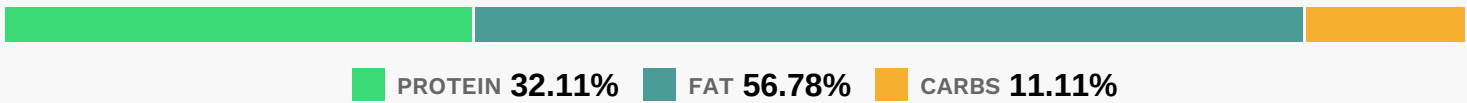
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saute shallots and garlic in 1/4 cup plus 2 tablespoons margarine in a saucepan over medium-high heat until tender.
- ☐ Add flour, stirring until smooth. Cook 1 minute over medium heat, stirring constantly. Gradually add half-and-half and chicken broth; cook over medium heat, stirring constantly, until mixture is thickened and bubbly.
- ☐ Remove from heat; add Gruyere cheese, salt, and pepper, stirring until cheese melts.
- ☐ Spread 1/2 cup cheese sauce in a greased 11- x 7- x 1 1/2-inch baking dish.
- ☐ Add broccoli and 1 1/2 cups cheese sauce. Top with chicken and remaining cheese sauce.
- ☐ Combine Parmesan cheese, breadcrumbs, paprika, and remaining 2 tablespoons margarine; stir well.
- ☐ Sprinkle evenly over top of casserole.
- ☐ Bake, uncovered, at 350 for 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:3, Inflammation Score:-8, Nutrition Score:21.644782724588%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 479.18kcal (23.96%), Fat: 30.12g (46.33%), Saturated Fat: 11.69g (73.08%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 11.54g (4.2%), Sugar: 3.23g (3.59%), Cholesterol: 113.08mg (37.69%), Sodium: 669.63mg (29.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.33g (76.65%), Vitamin B3: 11.15mg (55.74%), Selenium: 36.61µg (52.3%), Vitamin C: 39.95mg (48.43%), Vitamin K: 47.58µg (45.32%), Phosphorus: 413.07mg (41.31%), Vitamin B6: 0.62mg (30.83%), Vitamin A: 1497.77IU (29.96%), Calcium: 286.09mg (28.61%), Vitamin B2: 0.4mg (23.69%), Zinc: 2.79mg (18.57%), Vitamin B12: 0.89µg (14.87%), Potassium: 480.88mg (13.74%), Magnesium: 50.86mg (12.71%), Folate: 50.32µg (12.58%), Vitamin B5: 1.23mg (12.35%), Vitamin B1: 0.18mg (12.02%), Iron: 2mg (11.11%), Vitamin E: 1.5mg (10.01%), Manganese: 0.2mg (9.92%), Fiber: 1.72g (6.87%), Copper: 0.11mg (5.26%), Vitamin D: 0.24µg (1.63%)