



Lemon-Curry Chicken Casserole

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup almonds toasted sliced
- 24 ounces asparagus frozen thawed drained
- 3 tablespoons butter
- 10 ounces cream of chicken soup undiluted canned
- 1 teaspoon curry powder
- 0.3 teaspoon ground ginger
- 0.3 cup juice of lemon
- 0.5 cup mayonnaise

- 0.1 teaspoon pepper
- 6 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless cut into 1/2-inch strips

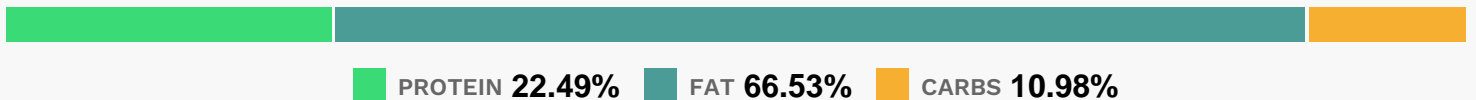
Equipment

- frying pan
- oven
- baking pan

Directions

- Place asparagus in a greased 11-in. x 7-in. baking dish; set aside.
- Sprinkle chicken with salt and pepper.
- In a large skillet, saute chicken in butter for 10–14 minutes or until juices run clear.
- Place over asparagus.
- Combine soup, mayonnaise, lemon juice, curry powder, ginger and pepper; spoon over chicken.
- Bake, uncovered, at 350° for 35 minutes.
- Sprinkle with almonds and return to the oven for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:2.23, Inflammation Score:-8, Nutrition Score:21.390434741974%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 6.67mg, Isorhamnetin: 6.67mg, Isorhamnetin: 6.67mg, Isorhamnetin: 6.67mg

Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg

Nutrients (% of daily need)

Calories: 376.3kcal (18.82%), Fat: 28.35g (43.62%), Saturated Fat: 7.36g (46.01%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 7.03g (2.56%), Sugar: 3.1g (3.44%), Cholesterol: 74.88mg (24.96%), Sodium: 779.06mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.13%), Vitamin K: 80.58µg (76.74%), Vitamin B3: 9.46mg (47.31%), Selenium: 28.54µg (40.77%), Vitamin B6: 0.69mg (34.44%), Vitamin E: 4.51mg (30.04%), Phosphorus: 276.47mg (27.65%), Vitamin A: 1157.17IU (23.14%), Manganese: 0.45mg (22.41%), Vitamin B2: 0.35mg (20.76%), Iron: 3.66mg (20.33%), Copper: 0.38mg (19.16%), Folate: 70.01µg (17.5%), Potassium: 609.87mg (17.42%), Vitamin B1: 0.24mg (15.85%), Vitamin B5: 1.57mg (15.65%), Magnesium: 60.09mg (15.02%), Fiber: 3.5g (14.01%), Vitamin C: 11.27mg (13.67%), Zinc: 1.48mg (9.88%), Calcium: 64mg (6.4%), Vitamin B12: 0.19µg (3.08%)