



Momma's Divine Divan

READY IN



45 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound broccoli cooked
- ☐ 1 tablespoon butter melted
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1 teaspoon curry powder
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 8 servings salt to taste
- ☐ 1 cup seasoned bread crumbs
- ☐ 1 cup cheddar cheese shredded

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4 chicken breast boneless skinless cubed cooked

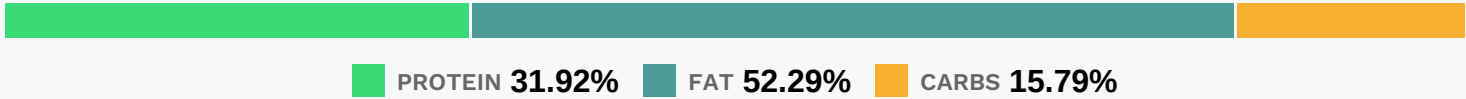
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Arrange broccoli in the bottom of a lightly greased 13"x9" baking dish.
- ☐ Sprinkle chicken with salt to taste; place on top of broccoli and set aside.
- ☐ Toss together bread crumbs and butter, set aside.
- ☐ Combine soup, mayonnaise, curry powder, and lemon juice in a small bowl; spread over chicken and broccoli. Top with cheese, sprinkle with bread crumb mixture.
- ☐ Bake, uncovered, at 350 for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:21.309130440588%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 396.45kcal (19.82%), Fat: 22.78g (35.05%), Saturated Fat: 6.78g (42.4%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 13.92g (5.06%), Sugar: 1.69g (1.88%), Cholesterol: 99.29mg (33.1%), Sodium: 994.71mg (43.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.29g (62.58%), Vitamin B3: 13.06mg (65.29%), Selenium: 45.68µg (65.25%), Vitamin K: 61.14µg (58.22%), Vitamin B6: 0.94mg (46.78%), Phosphorus: 363.32mg (36.33%), Vitamin C: 27.24mg (33.01%), Vitamin B5: 2.02mg (20.24%), Vitamin B2: 0.29mg (17.19%), Potassium:

579.32mg (16.55%), Vitamin B1: 0.25mg (16.52%), Calcium: 154.35mg (15.43%), Manganese: 0.26mg (13.18%), Magnesium: 48.4mg (12.1%), Folate: 45.16µg (11.29%), Zinc: 1.65mg (10.99%), Iron: 1.9mg (10.53%), Vitamin A: 505.65IU (10.11%), Vitamin E: 1.34mg (8.94%), Vitamin B12: 0.45µg (7.47%), Copper: 0.14mg (6.97%), Fiber: 1.56g (6.22%), Vitamin D: 0.23µg (1.5%)