



Mom's Easy Chicken Divan

READY IN



35 min.

SERVINGS



6

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs soft
- 20 ounce broccoli florets frozen
- 1 tablespoon butter melted
- 2 cups meat from a rotisserie chicken cubed cooked
- 2 cups rice long-grain cooked
- 21 ounce cream of chicken soup canned
- 0.5 teaspoon curry powder
- 1 teaspoon juice of lemon
- 1 cup mayonnaise

0.5 cup sharp cheddar cheese shredded

Equipment

bowl

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 11x7-inch baking dish.

Spread rice evenly in prepared baking dish. Arrange broccoli over rice and layer chicken on top.

Mix cream of chicken soup, mayonnaise, lemon juice, and curry powder in a bowl; pour over chicken.

Sprinkle with Cheddar cheese.

Mix bread crumbs and melted butter in a small bowl; sprinkle over cheese.

Bake in preheated oven until sauce is bubbly and cheese is melted, 25 to 30 minutes.

Nutrition Facts



PROTEIN 14.27% **FAT 62.76%** **CARBS 22.97%**

Properties

Glycemic Index:52.67, Glycemic Load:20.39, Inflammation Score:-8, Nutrition Score:24.098695760188%

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: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 613.12kcal (30.66%), Fat: 42.84g (65.9%), Saturated Fat: 10.16g (63.53%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 32.16g (11.7%), Sugar: 3g (3.33%), Cholesterol: 73.05mg (24.35%), Sodium: 1142.89mg (49.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.82%), Vitamin K: 162.46µg (154.72%), Vitamin C:

84.73mg (102.71%), Selenium: 25.52µg (36.46%), Manganese: 0.62mg (30.8%), Vitamin B3: 5.49mg (27.45%), Phosphorus: 272.4mg (27.24%), Vitamin B6: 0.43mg (21.42%), Folate: 79.4µg (19.85%), Vitamin A: 967.07IU (19.34%), Vitamin B2: 0.32mg (18.7%), Vitamin E: 2.69mg (17.92%), Iron: 2.99mg (16.61%), Calcium: 156.61mg (15.66%), Vitamin B5: 1.55mg (15.47%), Zinc: 2.18mg (14.56%), Potassium: 508.88mg (14.54%), Vitamin B1: 0.21mg (14.25%), Copper: 0.27mg (13.54%), Fiber: 3.13g (12.52%), Magnesium: 47.24mg (11.81%), Vitamin B12: 0.32µg (5.26%)