



Old Time Chicken Divan

READY IN



60 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 heads broccoli cut into florets
- 0.3 cup butter
- 2 chicken breast halves skinless cooked cut into 1/4 inch slices
- 2 cups chicken broth
- 0.3 cup flour all-purpose
- 1 pinch pepper black
- 0.5 cup cup heavy whipping cream
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt

3 tablespoons cooking sherry

Equipment

sauce pan

oven

whisk

pot

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil.

Add broccoli, and cook until just tender, 3 to 4 minutes.

Drain and rinse well with cold water to chill.

Place drained broccoli into a 9x13 inch baking dish and set aside.

Melt butter in a saucepan over medium heat.

Whisk in flour, and cook, whisking constantly, until the flour begins to turn from white, to a pale beige, about 3 minutes.

Whisk in sherry, chicken broth, and heavy cream until smooth. Bring to a boil over medium-high heat, then reduce heat to medium-low and simmer for 5 minutes; season with salt and pepper.

Pour half of the hot cream sauce over the broccoli and top with chicken slices. Stir Parmesan cheese into the remaining sauce, and pour over the chicken slices.

Sprinkle top with extra cheese, if desired.

Bake in preheated oven for 20 minutes or until heated through, then broil for a few minutes until top has turned golden brown.

Nutrition Facts



PROTEIN 21.87% FAT 53.06% CARBS 25.07%

Properties

Glycemic Index:51, Glycemic Load:8.29, Inflammation Score:-10, Nutrition Score:34.4699998883486%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 441.73kcal (22.09%), Fat: 26.91g (41.4%), Saturated Fat: 15.8g (98.74%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 20.48g (7.45%), Sugar: 6.68g (7.43%), Cholesterol: 108.07mg (36.02%), Sodium: 1101.83mg (47.91%), Alcohol: 1.16g (100%), Alcohol %: 0.27% (100%), Protein: 24.95g (49.91%), Vitamin C: 272.02mg (329.73%), Vitamin K: 312.35µg (297.48%), Vitamin A: 2759.29IU (55.19%), Folate: 210.18µg (52.55%), Vitamin B6: 0.98mg (49.01%), Selenium: 32.03µg (45.76%), Vitamin B3: 8.6mg (42.98%), Phosphorus: 394.78mg (39.48%), Manganese: 0.78mg (38.85%), Potassium: 1250.75mg (35.74%), Vitamin B2: 0.6mg (35.54%), Fiber: 8.12g (32.49%), Vitamin B5: 2.71mg (27.09%), Vitamin B1: 0.35mg (23.13%), Calcium: 231.17mg (23.12%), Magnesium: 87.15mg (21.79%), Vitamin E: 3.17mg (21.1%), Iron: 2.97mg (16.49%), Zinc: 2.08mg (13.87%), Copper: 0.2mg (9.99%), Vitamin B12: 0.29µg (4.88%), Vitamin D: 0.56µg (3.76%)