



Poppy Seed Chicken

READY IN



60 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds sliced
- 0.3 teaspoon pepper black
- 0.3 teaspoon pepper black freshly ground
- 1 cup breadcrumbs fresh
- 2 tablespoons butter melted
- 1 tablespoon canola oil
- 0.3 cup celery finely chopped
- 1 cup chicken stock see unsalted
- 2 cups chicken breast cooked chopped

- 2 tablespoons flour all-purpose
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 tablespoon garlic fresh minced
- 0.5 cup half-and-half
- 0.3 teaspoon kosher salt
- 0.5 cup onion chopped
- 1.5 teaspoons poppy seeds
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 35
- Heat oil in a saucepan over medium heat.
- Add onion and celery; cook 6 minutes.
- Add garlic and flour; cook 2 minutes.
- Combine stock and half-and-half, and gradually add to saucepan, stirring constantly; bring to a boil.
- Remove from heat; stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Remove from heat, and stir in chicken, parsley, poppy seeds, Worcestershire sauce, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper. Scrape the mixture into an 11 x 7-inch glass or ceramic baking dish.
- Combine breadcrumbs, almonds, and melted butter in a bowl, and toss to combine.
- Sprinkle breadcrumb mixture over top of casserole, and bake at 350 for 30 minutes.

Nutrition Facts



■ PROTEIN 28.06% ■ FAT 43.5% ■ CARBS 28.44%

Properties

Glycemic Index:54.17, Glycemic Load:1.86, Inflammation Score:-5, Nutrition Score:12.364347833654%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 287.58kcal (14.38%), Fat: 13.82g (21.27%), Saturated Fat: 5g (31.25%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 18.45g (6.71%), Sugar: 3.52g (3.91%), Cholesterol: 57.96mg (19.32%), Sodium: 380.51mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.12%), Vitamin B3: 8.6mg (42.99%), Selenium: 20.38µg (29.12%), Phosphorus: 203.01mg (20.3%), Manganese: 0.39mg (19.74%), Vitamin B6: 0.38mg (19.07%), Vitamin B1: 0.27mg (18.14%), Vitamin B2: 0.27mg (15.7%), Vitamin K: 16.19µg (15.42%), Vitamin E: 1.74mg (11.59%), Iron: 1.95mg (10.84%), Magnesium: 41.37mg (10.34%), Calcium: 95.26mg (9.53%), Folate: 35.96µg (8.99%), Potassium: 310.34mg (8.87%), Copper: 0.16mg (8.17%), Fiber: 1.89g (7.56%), Zinc: 1.12mg (7.45%), Vitamin B5: 0.68mg (6.84%), Vitamin A: 276.19IU (5.52%), Vitamin B12: 0.27µg (4.47%), Vitamin C: 2.82mg (3.42%)