



Quick and Easy Chicken Divan

READY IN



65 min.

SERVINGS



6

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs
- 16 ounce broccoli frozen chopped
- 3 tablespoons butter melted
- 1 cup cheddar cheese grated
- 21.5 ounce cream of chicken soup canned
- 4 cups rice white hot or as needed cooked
- 1 teaspoon juice of lemon
- 1 cup mayonnaise
- 2 tablespoons cooking sherry

- 3 chicken breast halves boneless skinless cut into bite-size pieces
- 2 teaspoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- baking pan
- microwave

Directions

- Put frozen broccoli in a microwave-safe bowl; cook in microwave until hot, about 4 minutes.
- Transfer broccoli to a 9x13-inch baking dish.
- Heat vegetable oil in a skillet over medium heat. Cook and stir chicken in hot oil until no longer pink in the middle, 5 to 7 minutes. Top broccoli with chicken pieces evenly.
- Stir chicken soup, mayonnaise, sherry, and lemon juice together in a bowl until smooth; pour over the chicken and broccoli.
- Bake in preheated oven for 30 minutes.
- Mix bread crumbs, Cheddar cheese, and melted butter together in a small bowl; sprinkle evenly over the dish.
- Continue baking until the topping is browned, about 10 minutes.
- Serve over rice.

Nutrition Facts



PROTEIN 13.59% **FAT 57.9%** **CARBS 28.51%**

Properties

Glycemic Index:54.33, Glycemic Load:36.24, Inflammation Score:-8, Nutrition Score:28.323043486346%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 788.01kcal (39.4%), Fat: 50.36g (77.48%), Saturated Fat: 14.24g (88.99%), Carbohydrates: 55.79g (18.6%), Net Carbohydrates: 52.59g (19.12%), Sugar: 3.35g (3.72%), Cholesterol: 93.85mg (31.28%), Sodium: 1341.94mg (58.35%), Alcohol: 0.51g (100%), Alcohol %: 0.15% (100%), Protein: 26.59g (53.19%), Vitamin K: 147.15µg (140.14%), Vitamin C: 68.54mg (83.07%), Selenium: 40.6µg (58%), Manganese: 0.91mg (45.47%), Vitamin B3: 8.41mg (42.04%), Phosphorus: 371.77mg (37.18%), Vitamin B6: 0.69mg (34.71%), Calcium: 234.37mg (23.44%), Vitamin B2: 0.37mg (21.84%), Vitamin A: 1060.77IU (21.22%), Vitamin B5: 2.1mg (20.97%), Vitamin B1: 0.31mg (20.54%), Folate: 80.59µg (20.15%), Vitamin E: 2.95mg (19.7%), Potassium: 597.92mg (17.08%), Iron: 3.04mg (16.9%), Zinc: 2.47mg (16.46%), Copper: 0.31mg (15.73%), Magnesium: 61.16mg (15.29%), Fiber: 3.2g (12.8%), Vitamin B12: 0.43µg (7.21%), Vitamin D: 0.24µg (1.63%)