



Quick Chicken Divan

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast halves boneless cooked chopped
- 20 ounce broccoli frozen chopped
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon juice of lemon
- 0.5 cup mayonnaise
- 1.5 cups cheddar cheese shredded

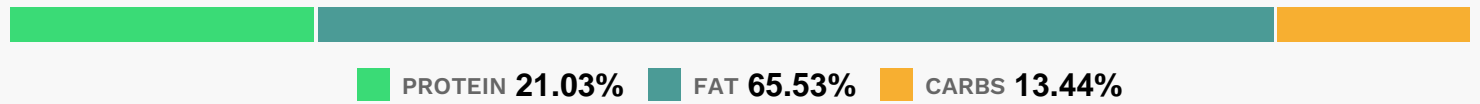
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place broccoli in the bottom of a 9x13 inch baking dish. Top with the chicken.
- In a small bowl, blend the cream of chicken soup, cream of mushroom soup, mayonnaise, and lemon juice.
- Pour the mixture over the chicken. Top with Cheddar cheese.
- Bake 35 to 40 minutes in the preheated oven, until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.27, Inflammation Score:-7, Nutrition Score:18.371304273605%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 295.61kcal (14.78%), Fat: 21.78g (33.51%), Saturated Fat: 7.05g (44.07%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.13g (2.96%), Sugar: 1.58g (1.75%), Cholesterol: 50.1mg (16.7%), Sodium: 821.15mg (35.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.46%), Vitamin K: 97.24µg (92.61%), Vitamin C: 63.84mg (77.38%), Selenium: 17.85µg (25.51%), Phosphorus: 228.99mg (22.9%), Vitamin B3: 3.9mg (19.52%), Calcium: 192.53mg (19.25%), Vitamin B6: 0.37mg (18.34%), Manganese: 0.3mg (14.82%), Vitamin A: 740.79IU (14.82%), Vitamin B2: 0.25mg (14.57%), Folate: 54.48µg (13.62%), Zinc: 1.78mg (11.89%), Potassium: 414.91mg (11.85%), Vitamin B5: 1.07mg (10.67%), Vitamin E: 1.43mg (9.54%), Copper: 0.18mg (8.85%), Magnesium: 32.32mg (8.08%), Fiber: 1.92g (7.68%), Iron: 1.36mg (7.53%), Vitamin B12: 0.36µg (5.98%), Vitamin B1: 0.09mg (5.91%), Vitamin D: 0.18µg (1.22%)