



Southern Chicken-Cornbread Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups chicken breast strips/pre-cooked/chopped cubed cooked (1 inch)
- 1 teaspoon poultry seasoning
- 0.3 teaspoon garlic powder
- 1.5 cups cream sour
- 1 cup milk
- 1 serving salt and pepper to taste
- 8 oz cheddar cheese shredded
- 3 spring onion chopped
- 6.5 oz just-add-water cornbread mix

- 14.8 oz corn sweet cream style canned
- 1 eggs
- 2 tablespoons butter melted

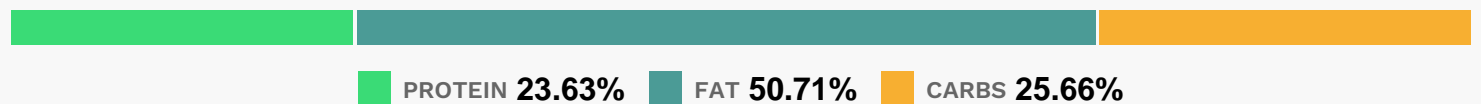
Equipment

- bowl
- oven
- toothpicks
- glass baking pan

Directions

- Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In large bowl, mix chicken, poultry seasoning, garlic powder, sour cream and milk. Season well with salt and pepper. Fold in cheese and green onions. Spoon mixture evenly into dish.
- Make cornbread mix as directed on pouch, substituting cream style corn for the milk and adding the egg and melted butter.
- Spread evenly over chicken mixture.
- Bake about 30 minutes or until toothpick inserted in center of topping comes out clean.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:6.19, Inflammation Score:-7, Nutrition Score:17.128695653832%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 487.92kcal (24.4%), Fat: 27.84g (42.83%), Saturated Fat: 13.69g (85.58%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 28.79g (10.47%), Sugar: 10.23g (11.36%), Cholesterol: 130.52mg (43.51%), Sodium: 493.31mg (21.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.37%), Phosphorus: 480.22mg

(48.02%), Vitamin B3: 8.97mg (44.86%), Selenium: 27.87µg (39.82%), Calcium: 313.81mg (31.38%), Vitamin B2: 0.42mg (24.85%), Vitamin B6: 0.49mg (24.5%), Vitamin A: 945.73IU (18.91%), Zinc: 2.39mg (15.94%), Vitamin B5: 1.5mg (14.99%), Vitamin B1: 0.22mg (14.9%), Vitamin K: 14.53µg (13.84%), Vitamin B12: 0.81µg (13.5%), Magnesium: 52.23mg (13.06%), Folate: 50.04µg (12.51%), Potassium: 419.54mg (11.99%), Fiber: 2.91g (11.62%), Manganese: 0.2mg (10.22%), Iron: 1.69mg (9.39%), Vitamin E: 0.79mg (5.23%), Vitamin C: 4.16mg (5.05%), Copper: 0.1mg (4.93%), Vitamin D: 0.67µg (4.45%)