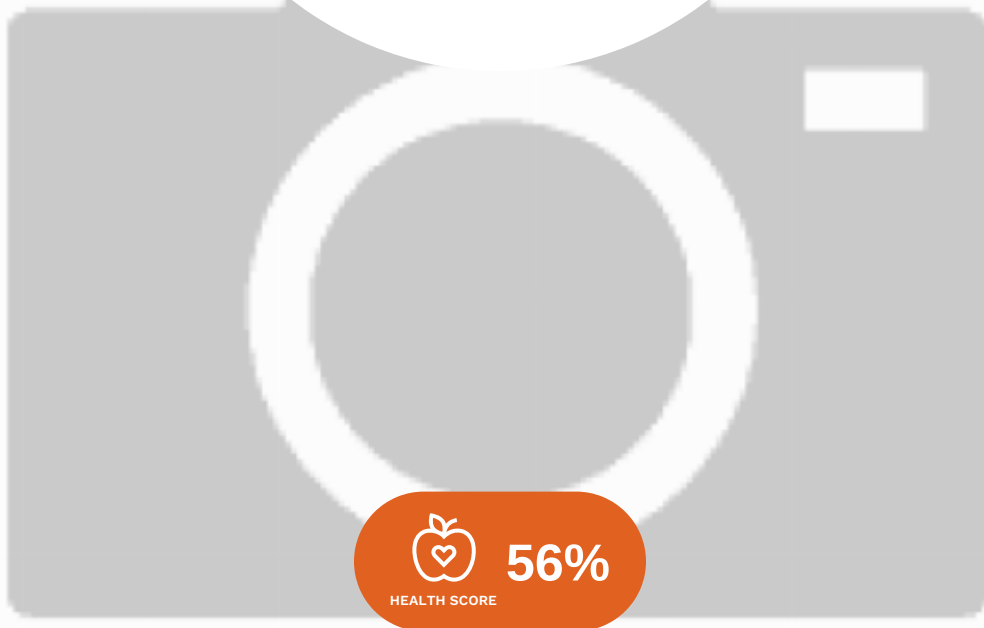




HEALTH SCORE

56%

Spicy Chicken Broccoli Casserole with Fresh Arugula

READY IN



80 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arugula to taste
- ☐ 0.3 cup bread crumbs
- ☐ 1 head broccoli cut into small pieces
- ☐ 1 teaspoon butter
- ☐ 1 carrots minced
- ☐ 0.5 cup chicken stock see
- ☐ 1 serrano chile pepper minced
- ☐ 3 tablespoons flour all-purpose

- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 1 habanero pepper minced (wear gloves)
- ☐ 0.5 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 bell pepper red chopped
- ☐ 4 chicken breast halves boneless skinless

Equipment

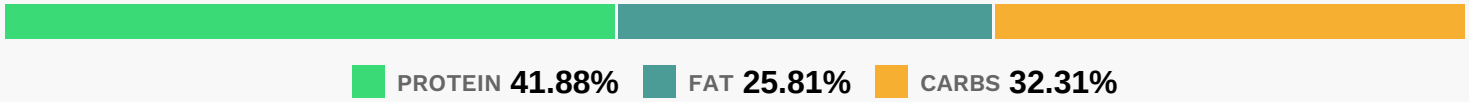
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish
- ☐ broiler

Directions

- ☐ Spray a skillet with cooking spray and place over medium heat; cook chicken in the hot skillet until no longer pink in the center and the juices run clear, 6 to 8 minutes per side. Set chicken aside.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch casserole dish with cooking spray.
- ☐ Place broccoli in the prepared casserole dish.
- ☐ Melt 3 tablespoons butter in a saucepan over medium heat; stir flour into the melted butter until combined and thickened, 3 to 5 minutes. Slowly pour in chicken stock and milk, stirring constantly; continue cooking and stirring until sauce is thickened, 5 to 10 more minutes.
- ☐ Stir onion, red bell pepper, serrano chile pepper, habanero pepper, and carrot into the sauce; simmer until vegetables are slightly softened, 5 to 10 minutes.
- ☐ Cut the cooled chicken into cubes and sprinkle over broccoli.
- ☐ Pour sauce over chicken and broccoli.

- ☐
- Heat 1 teaspoon butter in a skillet over medium heat; cook and stir mushrooms until tender, 5 to 10 minutes. Spoon over sauce layer in the casserole dish.
- ☐
- Sprinkle bread crumbs and Parmesan cheese over mushroom layer.
- ☐
- Bake in the preheated oven until cooked through and bubbling, about 30 minutes. Turn on the oven's broiler; broil casserole until topping is browned, 2 to 4 minutes.
- ☐
- Spoon casserole into 4 bowls and sprinkle 1/4 cup arugula atop each serving.

Nutrition Facts



Properties

Glycemic Index:102.46, Glycemic Load:6.8, Inflammation Score:-10, Nutrition Score:37.26391308204%

Flavonoids

Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 13.83mg, Kaempferol: 13.83mg, Kaempferol: 13.83mg, Kaempferol: 13.83mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.7mg, Quercetin: 9.7mg, Quercetin: 9.7mg, Quercetin: 9.7mg

Nutrients (% of daily need)

Calories: 339.88kcal (16.99%), Fat: 9.92g (15.26%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 22.33g (8.12%), Sugar: 7.38g (8.2%), Cholesterol: 90.44mg (30.15%), Sodium: 525.98mg (22.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.47%), Vitamin C: 154.17mg (186.87%), Vitamin K: 164.61µg (156.78%), Vitamin A: 4107.97IU (82.16%), Vitamin B3: 14.8mg (74.01%), Selenium: 50.47µg (72.1%), Vitamin B6: 1.27mg (63.66%), Phosphorus: 500.95mg (50.1%), Folate: 138.01µg (34.5%), Potassium: 1181.15mg (33.75%), Vitamin B2: 0.53mg (31.38%), Vitamin B5: 3mg (29.98%), Manganese: 0.53mg (26.67%), Calcium: 258.53mg (25.85%), Vitamin B1: 0.36mg (23.9%), Fiber: 5.62g (22.5%), Magnesium: 83.76mg (20.94%), Zinc: 2.31mg (15.41%), Iron: 2.53mg (14.03%), Vitamin E: 1.8mg (11.99%), Copper: 0.21mg (10.74%), Vitamin B12: 0.59µg (9.83%), Vitamin D: 0.54µg (3.57%)