



Summer Vegetable & Chicken Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups coarse bread crumbs fresh whole wheat italian
- 6 tablespoons spread melted country crock®
- 0.5 cup basil leaves fresh chopped
- 1 tablespoon garlic
- 0.8 cup part-skim mozzarella cheese shredded
- 1.3 pounds chicken breasts boneless skinless cut into chunks
- 6 cups cut-up vegetables yellow assorted (zucchini, summer squash and/or tomatoes)

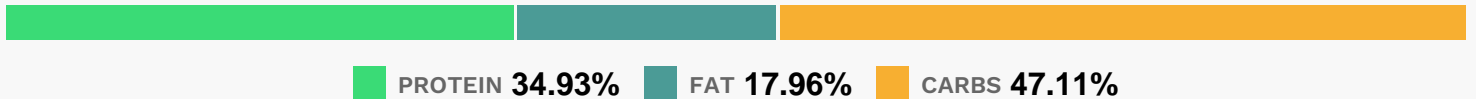
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 40
- Combine Country Crock
- Spread with garlic in small bowl.Toss vegetables, chicken, basil, and 4 tablespoons
- Spread mixture in shallow 2 to 3-quart baking dish.
- Sprinkle with cheese.
- Toss bread crumbs with remaining 2 tablespoons
- Spread mixture; then sprinkle over top.
- Bake 40 minutes or until chicken is thoroughly cooked and crumbs are toasted.
- Cost per recipe*: \$42 Cost per serving*: \$80 *Based on average retail prices at national supermarkets.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:4.63, Inflammation Score:-5, Nutrition Score:16.499130267164%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 258.7kcal (12.94%), Fat: 5.11g (7.87%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 27.86g (10.13%), Sugar: 8.76g (9.74%), Cholesterol: 52.08mg (17.36%), Sodium: 350.13mg (15.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.75%), Vitamin B3: 9.63mg (48.16%), Selenium: 31.52µg (45.03%), Vitamin B6: 0.77mg (38.62%), Phosphorus: 278.57mg (27.86%), Vitamin B1: 0.35mg (23.55%), Manganese: 0.45mg (22.31%), Vitamin C: 16.76mg (20.32%), Vitamin B2: 0.34mg (20.12%), Potassium: 562.54mg (16.07%), Calcium: 154.34mg (15.43%), Folate: 59.45µg (14.86%), Vitamin B5: 1.31mg (13.1%), Magnesium: 48.49mg

(12.12%), Iron: 2mg (11.12%), Vitamin K: 10.88µg (10.36%), Fiber: 2.31g (9.23%), Zinc: 1.37mg (9.12%), Copper: 0.15mg (7.65%), Vitamin A: 320.48IU (6.41%), Vitamin B12: 0.32µg (5.37%), Vitamin E: 0.3mg (1.99%)