



## Swiss 'n Chicken Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 stalks celery sliced
- 4 cups meat from a rotisserie chicken cooked chopped
- 2 cups croutons
- 0.5 cup milk
- 0.5 cup miracle whip dressing
- 0.3 cup onions chopped
- 1.5 cups swiss cheese shredded kraft

### Equipment

oven

## Directions

- Heat oven to 350F.
- Combine ingredients.
- Spoon into 2-qt. casserole sprayed with cooking spray.
- Bake 40 min. or until heated through.

## Nutrition Facts

 **PROTEIN 39.36%**  **FAT 44.55%**  **CARBS 16.09%**

## Properties

Glycemic Index:32.67, Glycemic Load:5.64, Inflammation Score:-5, Nutrition Score:14.416956632034%

## Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 339.13kcal (16.96%), Fat: 16.49g (25.38%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 11.94g (4.34%), Sugar: 3.81g (4.23%), Cholesterol: 99.46mg (33.15%), Sodium: 386.53mg (16.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.79g (65.58%), Selenium: 35.36µg (50.52%), Vitamin B3: 8.03mg (40.15%), Phosphorus: 375.61mg (37.56%), Calcium: 297.58mg (29.76%), Vitamin B6: 0.44mg (22.22%), Vitamin B12: 1.2µg (19.93%), Zinc: 2.82mg (18.78%), Vitamin B2: 0.29mg (17.13%), Vitamin B5: 1.22mg (12.16%), Potassium: 365.28mg (10.44%), Vitamin B1: 0.14mg (9.55%), Magnesium: 37.65mg (9.41%), Iron: 1.67mg (9.25%), Vitamin A: 429.84IU (8.6%), Vitamin K: 8.28µg (7.88%), Folate: 31.16µg (7.79%), Fiber: 1.45g (5.81%), Manganese: 0.1mg (5.2%), Copper: 0.09mg (4.72%), Vitamin E: 0.25mg (1.64%), Vitamin C: 1.32mg (1.6%), Vitamin D: 0.22µg (1.49%)