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Chicken and Broccoli Bake ♦

A delicious and comforting chicken and broccoli casserole. This dish is perfect for a family dinner or a potluck gathering. The chicken is tender and juicy, and the broccoli adds a nutritious and vibrant touch. The creamy sauce ties everything together, making it a satisfying and wholesome meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	chicken breast
400 g	broccoli florets
200 g	cheddar cheese
250 ml	milk
50 g	all-purpose flour

50 g	butter
2 tsp	garlic powder
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

Cook the chicken breast in boiling water for 15 minutes or until fully cooked. Drain and shred the chicken.

Prep Time: 10 mins

Cook Time: 15 mins

Step 3

Steaming

Steam the broccoli florets for 5 minutes or until tender. Set aside.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

In a saucepan, melt the butter over medium heat. Add the flour and whisk until smooth. Gradually pour in the milk, whisking constantly, until the mixture thickens.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Remove the saucepan from the heat. Stir in the garlic powder, salt, and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Mixing

In a large mixing bowl, combine the shredded chicken, steamed broccoli, and the sauce. Mix well to coat everything evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Sprinkling

Transfer the mixture to a baking dish. Sprinkle the cheddar cheese on top.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Oven

Bake in the preheated oven for 20 minutes or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

Step 9

Resting

Remove from the oven and let it rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	90 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas New Year Picnic

Cuisines

Italian Chinese Middle Eastern

Meal Type

Breakfast Lunch Dinner

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C

Course

Appetizers Main Dishes

Difficulty Level

Medium

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