

# Chicken Broccoli

Betty Thornburg

Gourmet Eating in South Carolina - (1985)

2 bunches fresh broccoli, cleaned and cooked

8 - 10 chicken breasts, boiled and boned

pepper

salt

2 cans cream of chicken soup

1 teaspoon lemon juice

2/3 cup mayonnaise

1 cup coarsely grated cheese

1/2 cup buttered bread crumbs

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Preheat the oven to 350 degrees.

Cook the broccoli in boiling salted water until tender. Drain.

Arrange the broccoli in the bottom of a buttered baking dish. Place the cooked chicken breasts on top. Sprinkle with salt and pepper.

In a small bowl, combine the soup, lemon juice and mayonnaise. Pour over the top of the chicken. Sprinkle the cheese and buttered crumbs on the top.

Bake for 30 to 40 minutes.

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Per Serving (excluding unknown items): 5316 Calories; 353g Fat (60.2% calories from fat); 497g Protein; 28g Carbohydrate; 6g Dietary Fiber; 1555mg Cholesterol; 4306mg Sodium. Exchanges: 1 1/2 Grain(Starch); 69 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 13 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	5316	Vitamin B6 (mg):	13.4mg
% Calories from Fat:	60.2%	Vitamin B12 (mcg):	8.4mcg
% Calories from Carbohydrates:	2.1%	Thiamin B1 (mg):	1.6mg
% Calories from Protein:	37.7%	Riboflavin B2 (mg):	2.2mg
Total Fat (g):	353g	Folacin (mcg):	233mcg
Saturated Fat (g):	83g	Niacin (mg):	233mg
Monounsaturated Fat (g):	128g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	109g	Alcohol (kcal):	0
Cholesterol (mg):	1555mg	% Refuse:	0 0%

Carbohydrate (g): 28g  
 Dietary Fiber (g): 6g  
 Protein (g): 497g  
 Sodium (mg): 4306mg  
 Potassium (mg): 5907mg  
 Calcium (mg): 434mg  
 Iron (mg): 21mg  
 Zinc (mg): 21mg  
 Vitamin C (mg): 190mg  
 Vitamin A (i.u.): 6169IU  
 Vitamin A (r.e.): 1021 1/2RE

## Food Exchanges

Grain (Starch): 1 1/2  
 Lean Meat: 69 1/2  
 Vegetable: 2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 13 1/2  
 Other Carbohydrates: 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 5316                      **Calories from Fat:** 3200

### % Daily Values\*

<b>Total Fat</b>	353g	544%
Saturated Fat	83g	415%
<b>Cholesterol</b>	1555mg	518%
<b>Sodium</b>	4306mg	179%
<b>Total Carbohydrates</b>	28g	9%
Dietary Fiber	6g	23%
<b>Protein</b>	497g	
<b>Vitamin A</b>		123%
<b>Vitamin C</b>		317%
<b>Calcium</b>		43%
<b>Iron</b>		114%

\* Percent Daily Values are based on a 2000 calorie diet.