

Low Sodium Broccoli Chicken Casserole

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/low-sodium-southern-chili-recipe>

Ingredients:

- 12 ounces broccoli florets bag of
- 1 medium onion
- 2 chicken breasts
- 2 tablespoons unsalted butter
- 2 eggs
- 2 cups milk
- 2 cups cooked rice
- 2 cups grated Swiss cheese

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 255 milligrams
4. Fat: 30 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 17 grams
8. Sodium: 390 milligrams
9. Sugar: 11 grams

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