

Chicken & Swiss Casserole

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-veggie-bake-recipe>

Ingredients:

- 16 ounces veggies bag of low carb mixed, I used a deluxe stir fry mix but if you are still in induction, you should probably use brocc...
- 6 ounces shredded swiss
- 1/2 cup mayo the kind made with canola instead of soybean oil is preferred when following Atkins
- 1/4 cup full fat sour cream
- seasoned salt to taste
- pepper to taste
- 1/2 teaspoon chicken bouillon crystals
- 2 cups diced chicken cooked, you can cheat and use 16oz of canned white meat chicken, fully drained

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 85 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 8 grams
8. Sodium: 290 milligrams
9. Sugar: 3 grams

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