AMERICAN · DINNER

Creamy Chicken, Spinach and Mushroom Casserole

35 min · Serves 8 · 385 kcal a serve · Video 6:34 · Keto Connect

Gluten-free ingredients · Nut-free

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A creamy one-pan chicken bake with spinach and mushrooms: about 25 g protein and under 4 g net carbs a serve, over two-thirds of the energy from fat, and rich in vitamin K and selenium.

Diet notes: Keto (3.7 g net carbs a serve).

Ingredients 17 · SERVES 8

- ☐ ½ lb **bacon**, cooked and chopped
- ☐ 1 tbsp **coconut oil**
- ☐ ½ cup diced **red onion**
- ☐ 6 oz **baby bella mushrooms**, chopped
- ☐ 5 oz **baby spinach**
- ☐ ½ cup **heavy cream**
- ☐ 4 oz **cream cheese**, softened
- ☐ ¼ cup **mayonnaise** (they use avocado-oil mayo)
- ☐ 1 tsp **Dijon mustard**
- ☐ 3 cloves **garlic**, minced
- ☐ ¾ cup shredded **sharp cheddar cheese**
- ☐ ½ cup grated **parmesan**
- ☐ 15 oz cooked **chicken meat**, shredded (they pull it off a rotisserie chicken)
- ☐ 1 tsp **Italian seasoning**
- ☐ ½ tsp **pink Himalayan salt**
- ☐ ½ tsp **black pepper**
- ☐ ½ cup shredded **mozzarella**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cook the bacon (they bake it in the oven), let it cool and chop it, keeping a little back for the top. Heat the oven to 375 °F. 0:29
2. Heat the coconut oil in a large oven-safe frying pan over medium-high heat and sauté the onion and mushrooms for 3–5 minutes until tender. Add the spinach and stir 1–2 minutes until wilted. 1:12
3. Turn the heat to medium and stir in the cream, cream cheese, mayonnaise, mustard, garlic, cheddar and parmesan until smooth and creamy. 1:52
4. Mix in the chopped bacon, shredded chicken, Italian seasoning, salt and pepper. (Tip it into a baking dish if your pan isn't oven-safe.) 2:54
5. Top with the mozzarella and reserved bacon, bake 10–15 minutes until melted, then grill 2–3 minutes until the edges brown. 4:04

> **Tip** Shredded rotisserie chicken makes it quick. The cooks say leftovers keep up to 5 days in the fridge; serve with a crunchy salad or raw vegetables.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
385 kcal 1,610 kJ	25 g 50% of a day	4.6 g 3.7 g net · 2 g sugars 2% of a day

FIBRE	FAT	SODIUM
0.9 g 3% of a day	30 g 14 g saturated 38% of a day	640 mg 28% of a day

Energy from net carbs 4% · protein 26% · fat 70% — fits keto: 3.7 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Vitamin K 83% · Selenium 46% · Omega-3 42% · Vitamin A 27% · Vitamin B12 23% · Vitamin B6 22%

Source of (10–19%) Calcium 19% · Zinc 19% · Folate 12% · Magnesium 10%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=SwIuU1H6NhM, published 27 March 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-chicken-spinach-mushroom-casserole