

# CHEESY CHICKEN BAKE

This “plus-three” assembly is a hearty and familiar comfort dish that pairs tender pulled rotisserie chicken with a creamy broccoli soup base. Served over wholesome brown rice and topped with a savory layer of shredded cheddar, it offers a satisfying, traditional flavor profile. This dish is particularly effective for healthcare settings, providing a soft-textured, nutrient-dense entree that requires minimal onsite preparation while delivering scratch-made taste.

## Ingredients:

- 5 oz. Gordon Choice Brown Rice (GFS #452446)
- 3 oz. Brickman’s Creamy Broccoli Soup (GFS #580151)
- 3 oz. Gordon Choice Pulled Rotisserie Chicken (GFS #441374)
- 1 oz. Shredded Cheddar Cheese




**Tastefully Balanced Nutritional Info**  
750mg Sodium or less | 15g protein or more

## Nutritional Highlights (per 11 oz. serving)

This profile is a powerhouse for residents requiring significant protein and mineral support in a balanced calorie package:

- **Superior Protein Delivery:** Provides a robust **27g of protein (54% DV)** per serving, essential for muscle maintenance and recovery.
- **Heart-Healthy Saturated Fat:** Contains only **2.5g of saturated fat (13% DV)**, making it a responsible choice for heart-conscious diets.
- **Potassium and Bone Support:** Delivers **480mg of potassium (14% DV)** and **167.30mg of calcium (15% DV)**.
- **Zero Added Sugars:** A clean nutritional label with **0g of added sugars**.
- **Calorie Balanced:** At **400 calories**, it provides a substantial and filling meal for lunch or dinner.



Product	Description	Code #	Pack Size
 <b>Gordon Choice®</b> Cooked Brown Rice	This brown rice delivers restaurant-quality texture and flavor with minimal effort. Made with just water, long-grain brown rice, and a touch of canola oil; it’s a blank canvas for your culinary creativity.	452446	2/4 lb.
 <b>Brickman’s®</b> Creamy Broccoli Soup	Broccoli blended into a smooth, creamy base to deliver classic, satisfying warmth in every spoonful.	580151	2/8 lb.
 <b>Gordon Choice®</b> Pulled Rotisserie Style Chicken	This savory Pulled Chicken is slow-cooked to juicy perfection, and kissed with a flavorful, rotisserie-style seasoning blend.	441374	5/2 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

