



4-Cheese Italiano Chicken Bake

READY IN



40 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups cheese light shredded kraft
- 10 ounce cream of mushroom soup canned
- 0.5 cup wine dry white
- 16 ounce chicken breast boneless skinless
- 120 g bread stuffing mix for chicken

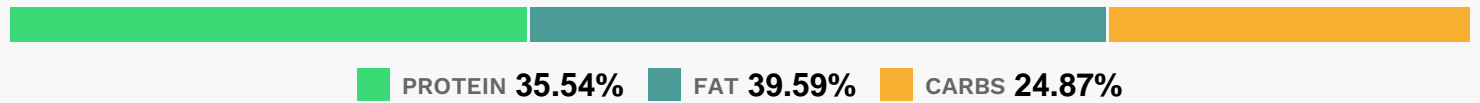
Equipment

- oven
- baking pan

Directions

- Heat oven to 400 degrees F.
- Prepare stuffing mix as directed on package.
- Mix soup and wine.
- Place chicken in 13x9-inch baking dish; top with cheese, soup mixture and stuffing.
- Bake 30 min. or until chicken is done (170 degrees F).

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:22.486956534178%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 485.8kcal (24.29%), Fat: 20.07g (30.87%), Saturated Fat: 9.88g (61.77%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 27.26g (9.91%), Sugar: 2.91g (3.23%), Cholesterol: 118.79mg (39.6%), Sodium: 1334.17mg (58.01%), Alcohol: 3.09g (100%), Alcohol %: 1.37% (100%), Protein: 40.53g (81.06%), Selenium: 62.71µg (89.59%), Vitamin B3: 14.25mg (71.25%), Phosphorus: 500.47mg (50.05%), Vitamin B6: 0.97mg (48.38%), Calcium: 339.9mg (33.99%), Vitamin B2: 0.47mg (27.56%), Manganese: 0.45mg (22.36%), Zinc: 3.31mg (22.05%), Vitamin B5: 2.06mg (20.58%), Vitamin B1: 0.28mg (18.62%), Potassium: 636.6mg (18.19%), Folate: 69.1µg (17.27%), Magnesium: 60.89mg (15.22%), Vitamin B12: 0.8µg (13.26%), Copper: 0.26mg (12.95%), Iron: 2.21mg (12.26%), Vitamin A: 459.22IU (9.18%), Fiber: 1.1g (4.41%), Vitamin E: 0.65mg (4.32%), Vitamin D: 0.37µg (2.45%), Vitamin C: 1.36mg (1.65%), Vitamin K: 1.69µg (1.61%)