



WHATSheATE

Baked Chicken with Applesauce Stuffing

READY IN



120 min.

SERVINGS



8

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce apple sauce
- ☐ 0.8 cup butter melted
- ☐ 1 stalk celery diced
- ☐ 14 ounce chicken broth canned
- ☐ 2 tablespoons parsley dried
- ☐ 1 tablespoon rosemary dried
- ☐ 1 tablespoon sage dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 6 cups bread crumbs dry

- ☐ 1 onion chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 4 pound meat from a rotisserie chicken whole cut into pieces

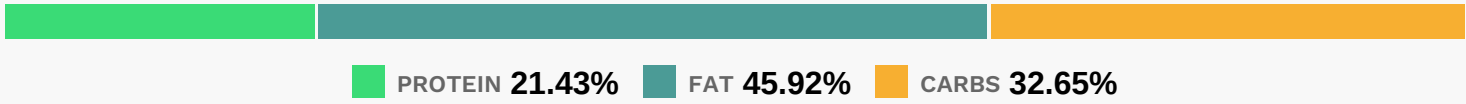
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13 inch baking pan with cooking spray.
- ☐ In a large bowl, mix the bread crumbs, onion, celery, applesauce, and broth. Season with parsley, rosemary, thyme, sage, salt, and pepper.
- ☐ Transfer to the baking dish. Arrange chicken pieces in the dish so they are partially covered with the stuffing.
- ☐ Drizzle with butter. Cover the dish with aluminum foil.
- ☐ Bake 1 hour in the preheated oven.
- ☐ Remove foil, and continue baking 30 minutes, until chicken juices run clear and stuffing is lightly browned.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:26.93478259833%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Apigenin: 22.66mg, Apigenin: 22.66mg, Apigenin: 22.66mg, Apigenin: 22.66mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.35mg,

Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 832.84kcal (41.64%), Fat: 42.18g (64.89%), Saturated Fat: 17.79g (111.19%), Carbohydrates: 67.49g (22.5%), Net Carbohydrates: 62.38g (22.68%), Sugar: 11.06g (12.29%), Cholesterol: 152.21mg (50.74%), Sodium: 1247.25mg (54.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.29g (88.59%), Vitamin B3: 14.15mg (70.74%), Selenium: 45.8µg (65.43%), Vitamin B1: 0.88mg (58.57%), Manganese: 0.9mg (45.18%), Phosphorus: 386.3mg (38.63%), Iron: 6.58mg (36.58%), Vitamin B2: 0.55mg (32.55%), Vitamin B6: 0.63mg (31.39%), Vitamin K: 31.07µg (29.59%), Zinc: 3.99mg (26.57%), Folate: 104.67µg (26.17%), Fiber: 5.11g (20.43%), Calcium: 202.29mg (20.23%), Vitamin B12: 1.15µg (19.22%), Magnesium: 74.81mg (18.7%), Vitamin A: 862.47IU (17.25%), Copper: 0.32mg (15.88%), Potassium: 543.14mg (15.52%), Vitamin B5: 1.52mg (15.19%), Vitamin E: 1.25mg (8.34%), Vitamin C: 4.59mg (5.56%), Vitamin D: 0.27µg (1.78%)