



## Cheddar Chicken and Vegetable Skillet

READY IN



20 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup mild cheddar cheese shredded kraft
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken
- 3 cups vegetable blend frozen
- 1.3 cups water

### Equipment

- frying pan

## Directions

- Spray large skillet with cooking spray.
- Add chicken; cover. Cook on medium-high heat 2 to 3 min. on each side or until browned.
- Remove from skillet.
- Add vegetables and water. Bring to boil.
- Stir in stuffing mix just until moistened. Top with chicken and cheese; cover. Cook on low heat 5 min. or until cheese melts.

## Nutrition Facts

**PROTEIN 37.15%** **FAT 26.03%** **CARBS 36.82%**

## Properties

Glycemic Index:12, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:25.433043466962%

## Nutrients (% of daily need)

Calories: 373.78kcal (18.69%), Fat: 10.78g (16.58%), Saturated Fat: 4.59g (28.67%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 29.76g (10.82%), Sugar: 2.41g (2.67%), Cholesterol: 91.69mg (30.56%), Sodium: 698.42mg (30.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.22%), Vitamin A: 4844.28IU (96.89%), Selenium: 55.59µg (79.41%), Vitamin B3: 14.61mg (73.06%), Vitamin B6: 0.99mg (49.64%), Phosphorus: 418.06mg (41.81%), Vitamin B1: 0.36mg (23.87%), Vitamin B2: 0.39mg (22.84%), Folate: 82.51µg (20.63%), Manganese: 0.41mg (20.47%), Potassium: 696.73mg (19.91%), Vitamin B5: 1.95mg (19.55%), Calcium: 190.65mg (19.06%), Fiber: 4.55g (18.19%), Magnesium: 68.27mg (17.07%), Zinc: 2.03mg (13.52%), Iron: 2.39mg (13.3%), Vitamin C: 10.82mg (13.12%), Copper: 0.2mg (9.87%), Vitamin B12: 0.43µg (7.2%), Vitamin E: 0.46mg (3.1%), Vitamin D: 0.23µg (1.51%)