

Cheesy Chicken and Vegetable Bake

READY IN



40 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz broccoli frozen thawed drained
- 10 oz cream of chicken soup fat-free low-sodium canned
- 0.3 cup knudsen cream light sour
- 1.3 cups milk mild cheddar cheese shredded 2% kraft
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 6 oz stove top stuffing mix divided for chicken,
- 1 cup water hot

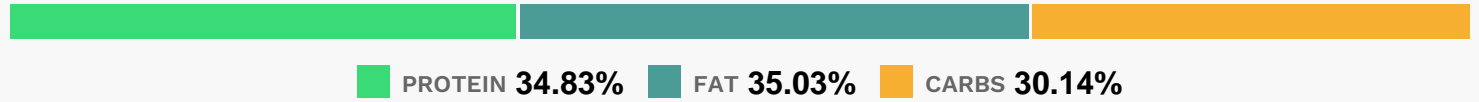
Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Sprinkle 1/2 cup stuffing mix onto bottom of 13x9-inch baking dish; top with chicken.
- Add hot water to remaining stuffing mix; stir just until moistened.
- Mix soup, sour cream, cheese and vegetables; spread over chicken. Top with prepared stuffing.
- Bake 30 to 40 min. or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:29.824782708417%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 420.36kcal (21.02%), Fat: 16.27g (25.02%), Saturated Fat: 7.13g (44.59%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 28.61g (10.41%), Sugar: 3.99g (4.43%), Cholesterol: 104.65mg (34.88%), Sodium: 1053.03mg (45.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.76%), Selenium: 59.74µg (85.34%), Vitamin C: 68.96mg (83.58%), Vitamin K: 80.22µg (76.4%), Vitamin B3: 14.15mg (70.76%), Vitamin B6: 1.04mg (52.18%), Phosphorus: 459.54mg (45.95%), Vitamin B2: 0.46mg (26.9%), Folate: 107.08µg (26.77%), Calcium: 260.95mg (26.1%), Vitamin B5: 2.35mg (23.5%), Potassium: 796.57mg (22.76%), Vitamin B1: 0.31mg (20.89%), Manganese: 0.38mg (18.93%), Vitamin A: 869.36IU (17.39%), Magnesium: 66.62mg (16.65%), Zinc: 2.3mg (15.33%), Iron: 2.6mg (14.44%), Fiber: 2.87g (11.49%), Copper: 0.21mg (10.59%), Vitamin E: 1.38mg (9.22%), Vitamin B12: 0.54µg (8.93%), Vitamin D: 0.28µg (1.87%)