



## Cheesy Chicken Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 oz cream of chicken soup reduced-sodium canned
- 2 cups meat from a rotisserie chicken cooked chopped
- 8 oz milk velveeta 2% cut into 1/2-inch cubes
- 6 oz stove top lower sodium stuffing mix for chicken

### Equipment

- bowl
- oven

## Directions

- Heat oven to 350F.
- Prepare stuffing as directed on package.
- Combine remaining ingredients in large bowl.
- Add stuffing; mix lightly.
- Spoon into 2-qt. casserole sprayed with cooking spray.
- Bake 30 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:2.13, Inflammation Score:-3, Nutrition Score:9.9817391917433%

## Nutrients (% of daily need)

Calories: 252.57kcal (12.63%), Fat: 7.99g (12.3%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 26.75g (8.92%), Net Carbohydrates: 25.84g (9.4%), Sugar: 4.42g (4.91%), Cholesterol: 43.6mg (14.53%), Sodium: 779.36mg (33.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.31%), Selenium: 26.7µg (38.15%), Vitamin B3: 5.54mg (27.69%), Phosphorus: 182.4mg (18.24%), Vitamin B2: 0.26mg (15.12%), Vitamin B1: 0.23mg (15.01%), Vitamin B6: 0.26mg (12.87%), Folate: 50.91µg (12.73%), Iron: 2.15mg (11.92%), Manganese: 0.21mg (10.5%), Calcium: 86.21mg (8.62%), Zinc: 1.26mg (8.43%), Vitamin B5: 0.8mg (7.98%), Copper: 0.15mg (7.75%), Potassium: 256.46mg (7.33%), Magnesium: 27.57mg (6.89%), Vitamin B12: 0.35µg (5.75%), Fiber: 0.91g (3.63%), Vitamin A: 166.93IU (3.34%), Vitamin D: 0.42µg (2.77%), Vitamin E: 0.38mg (2.55%), Vitamin K: 2.36µg (2.25%)