



Chicken and Cornbread Stuffing Casserole

READY IN



30 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups roasted chicken cubed cooked
- 10.8 oz campbell's® condensed cream of celery soup canned
- 0.8 cup milk
- 0.5 cup onion finely chopped
- 0.1 teaspoon pepper
- 0.5 teaspoon poultry seasoning
- 2 cups savory vegetable mixed green frozen thawed drained giant® (from 1-lb bag)
- 6 oz pepperidge farm sage and onion stuffing stuffing betty crocker®

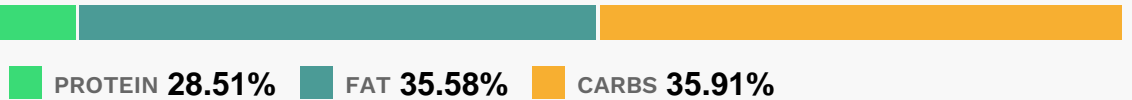
Equipment

- sauce pan
- oven

Directions

- Heat oven to 400°F. Spray 3-quart casserole with cooking spray. In 3-quart saucepan, heat soup and milk to boiling over high heat, stirring frequently. Stir in mixed vegetables, onion and sage.
- Heat to boiling, stirring frequently; remove from heat.
- Stir in chicken and stuffing mix. Spoon into casserole.
- Sprinkle with pepper and paprika.
- Bake uncovered about 15 minutes or until hot in center.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:5.11, Inflammation Score:-10, Nutrition Score:21.855217280595%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 341.64kcal (17.08%), Fat: 13.67g (21.04%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 25.33g (9.21%), Sugar: 4.98g (5.54%), Cholesterol: 66.37mg (22.12%), Sodium: 710.36mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.31%), Vitamin A: 5079.07IU (101.58%), Selenium: 41.12µg (58.75%), Vitamin B3: 7.56mg (37.82%), Phosphorus: 281.34mg (28.13%), Manganese: 0.51mg (25.55%), Fiber: 5.71g (22.86%), Vitamin B6: 0.45mg (22.72%), Vitamin K: 21.26µg (20.25%), Vitamin B2: 0.32mg (19.09%), Vitamin B1: 0.27mg (17.69%), Vitamin B5: 1.76mg (17.6%), Potassium: 559.72mg (15.99%), Iron: 2.69mg (14.96%), Vitamin C: 11.13mg (13.49%), Magnesium: 53.61mg (13.4%), Calcium: 132.78mg (13.28%), Folate: 52.15µg (13.04%), Zinc: 1.91mg (12.76%), Copper: 0.25mg (12.62%), Vitamin E: 1.69mg (11.23%), Vitamin B12: 0.48µg (8.08%), Vitamin D: 0.5µg (3.36%)