



## Chicken and Cornbread Stuffing Casserole

READY IN



30 min.

SERVINGS



4

CALORIES



347 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
- 2 cups savory vegetable mixed frozen thawed drained (from 1-lb bag)
- 0.8 cup milk
- 0.5 cup onion finely chopped
- 4 servings paprika
- 0.1 teaspoon pepper
- 0.5 teaspoon poultry seasoning
- 6 oz pepperidge farm sage and onion stuffing stuffing

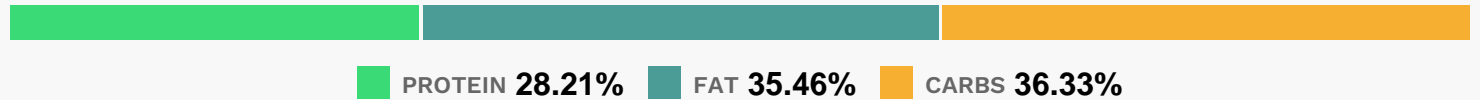
## Equipment

- sauce pan
- oven

## Directions

- Heat oven to 400F. 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:39.25, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:22.841739250266%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg 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: 347.28kcal (17.36%), Fat: 13.93g (21.43%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 25.71g (9.35%), Sugar: 5.19g (5.77%), Cholesterol: 66.37mg (22.12%), Sodium: 711.72mg (30.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.88%), Vitamin A: 6064.15IU (121.28%), Selenium: 41.25µg (58.93%), Vitamin B3: 7.77mg (38.83%), Phosphorus: 287.62mg (28.76%), Manganese: 0.54mg (27.14%), Fiber: 6.41g (25.65%), Vitamin B6: 0.5mg (24.86%), Vitamin K: 22.87µg (21.78%), Vitamin B2: 0.35mg (20.54%), Vitamin B1: 0.27mg (18.13%), Vitamin B5: 1.81mg (18.1%), Iron: 3.12mg (17.31%), Potassium: 605.32mg (17.29%), Vitamin E: 2.27mg (15.11%), Magnesium: 57.17mg (14.29%), Calcium: 137.36mg (13.74%), Vitamin C: 11.14mg (13.51%), Zinc: 2mg (13.34%), Copper: 0.27mg (13.33%), Folate: 53.13µg (13.28%), Vitamin B12: 0.48µg (8.08%), Vitamin D: 0.5µg (3.36%)