

Chicken and Stuffing Skillet

READY IN



20 min.

SERVINGS



4

CALORIES



441 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 10.8 ounce cream of mushroom soup fat free 98% canned
- 0.5 cup milk
- 0.5 cup cheddar cheese shredded
- 4 chicken breast boneless skinless
- 6 ounce bread stuffing mix pepperidge farm®

Equipment

- frying pan

Directions

- Heat butter in medium skillet over medium-high heat.
- Add chicken and cook 12 to 15 minutes or until no longer pink.
- Remove chicken.
- Prepare stuffing in skillet according to package directions except let stand 2 minutes.
- Return chicken to skillet.
- Mix soup and milk.
- Pour over chicken.
- Sprinkle with cheese. Cover and heat through.

Nutrition Facts

 **PROTEIN 33.81%**  **FAT 30.84%**  **CARBS 35.35%**

Properties

Glycemic Index:16.25, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:21.850434676461%

Nutrients (% of daily need)

Calories: 440.53kcal (22.03%), Fat: 14.8g (22.76%), Saturated Fat: 5.78g (36.11%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 36.65g (13.33%), Sugar: 5.03g (5.59%), Cholesterol: 94.34mg (31.45%), Sodium: 1405.7mg (61.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.5g (72.99%), Selenium: 61.15µg (87.36%), Vitamin B3: 14.96mg (74.82%), Vitamin B6: 0.97mg (48.51%), Phosphorus: 415.66mg (41.57%), Vitamin B2: 0.44mg (25.66%), Manganese: 0.5mg (25.04%), Vitamin B1: 0.36mg (24.17%), Folate: 84.3µg (21.07%), Vitamin B5: 2.1mg (20.99%), Potassium: 676.8mg (19.34%), Calcium: 188.37mg (18.84%), Zinc: 2.53mg (16.88%), Magnesium: 59.3mg (14.83%), Copper: 0.29mg (14.45%), Iron: 2.59mg (14.41%), Vitamin B12: 0.67µg (11.24%), Vitamin A: 350.89IU (7.02%), Fiber: 1.51g (6.05%), Vitamin E: 0.61mg (4.04%), Vitamin D: 0.53µg (3.55%), Vitamin C: 1.36mg (1.65%), Vitamin K: 1.12µg (1.07%)