



Chicken & Broccoli Stuffing Skillet

READY IN



25 min.

SERVINGS



25

CALORIES



121 kcal

SIDE DISH

Ingredients

- 10 oz broccoli florets frozen thawed drained
- 1 Tbsp oil
- 1 cup cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless
- 2 cups stove top stuffing mix for chicken in the canister
- 1 cup water

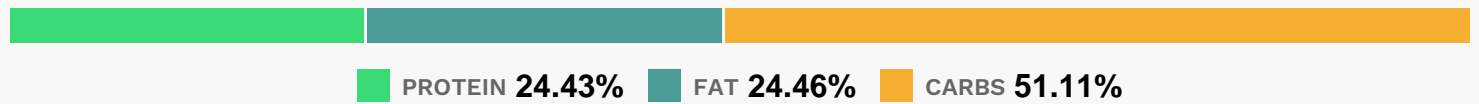
Equipment

- frying pan

Directions

- Cook chicken in hot oil in large skillet on medium-high heat for 6 minutes on each side or until chicken is cooked through.
- Remove chicken from skillet; cover to keep warm.
- Add water and broccoli to skillet; bring to boil.
- Add stuffing mix; stir just until moistened.
- Return chicken to skillet; sprinkle with cheese. Reduce heat to low; cover. Cook 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:2.36, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:6.722608682902%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 120.99kcal (6.05%), Fat: 3.25g (5%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.39g (5.23%), Sugar: 1.77g (1.97%), Cholesterol: 16.32mg (5.44%), Sodium: 320.75mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.61%), Selenium: 16.45µg (23.51%), Vitamin B3: 3.06mg (15.29%), Vitamin C: 10.33mg (12.52%), Vitamin K: 12.32µg (11.73%), Folate: 40.62µg (10.15%), Vitamin B6: 0.19mg (9.38%), Phosphorus: 92.97mg (9.3%), Vitamin B1: 0.13mg (8.92%), Vitamin B2: 0.13mg (7.52%), Manganese: 0.14mg (6.97%), Calcium: 56.84mg (5.68%), Iron: 0.88mg (4.88%), Potassium: 153.01mg (4.37%), Vitamin B5: 0.42mg (4.18%), Magnesium: 15.98mg (4%), Fiber: 0.9g (3.6%), Zinc: 0.49mg (3.3%), Copper: 0.06mg (2.93%), Vitamin A: 121.76IU (2.44%), Vitamin E: 0.33mg (2.18%), Vitamin B12: 0.09µg (1.47%)