



Chicken Cordon Bleu Casserole

 Popular

READY IN



55 min.

SERVINGS



6

CALORIES



458 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups broccoli florets fresh
- 10 oz cream of chicken soup reduced-fat reduced-sodium canned
- 12 slices oscar mayer deli ham smoked fresh chopped
- 1 Tbsp grey poupon dijon mustard
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 6 oz stove top lower sodium stuffing mix for chicken
- 6 extra swiss cheese kraft thin

Equipment

bowl

oven

Directions

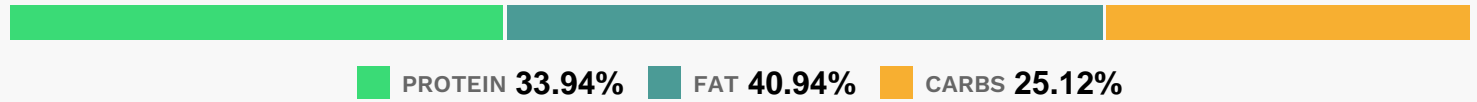
Heat oven to 375F.

Prepare stuffing as directed on package.

Mix soup and mustard in medium bowl until blended; stir in chicken, broccoli and ham. Spoon into 2-qt. casserole sprayed with cooking spray; top with cheese and stuffing.

Bake 35 to 40 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:26.454347693402%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 458.02kcal (22.9%), Fat: 20.56g (31.63%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 26.19g (9.52%), Sugar: 3.41g (3.79%), Cholesterol: 102.98mg (34.33%), Sodium: 1556.38mg (67.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.7%), Selenium: 58.51µg (83.59%), Vitamin B3: 12.52mg (62.59%), Vitamin C: 41.55mg (50.36%), Vitamin K: 49.09µg (46.75%), Phosphorus: 463.53mg (46.35%), Vitamin B6: 0.92mg (45.77%), Vitamin B1: 0.6mg (39.93%), Vitamin B2: 0.44mg (26%), Calcium: 216.07mg (21.61%), Folate: 83.65µg (20.91%), Zinc: 3.08mg (20.56%), Potassium: 692.37mg (19.78%), Vitamin B5: 1.88mg (18.78%), Vitamin B12: 1.03µg (17.14%), Manganese: 0.33mg (16.33%), Iron: 2.74mg (15.23%), Magnesium: 59.89mg (14.97%), Copper: 0.23mg (11.35%), Vitamin A: 535.58IU (10.71%), Fiber: 2.2g (8.79%), Vitamin E: 1.17mg (7.83%), Vitamin D: 0.47µg (3.12%)