



Chicken 'n' Stuff

READY IN



75 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 ounce cream of mushroom soup canned
- 0.7 cup cooking wine dry white
- 8 slices monterrey jack cheese
- 8 chicken breast halves boneless skinless
- 6 ounce chicken-flavor stuffing mix

Equipment

- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Place chicken breasts in a 9x13 inch baking dish. Top each breast with 1 slice of cheese.
- Mix together the soup and wine/water and pour mixture over the chicken and cheese.
- Sprinkle the bread crumbs from the stuffing mix over the soup mixture, then sprinkle the seasoning packet from the stuffing mix over the bread crumbs.
- Bake uncovered in the preheated oven for 50 to 60 minutes.

Nutrition Facts

  
 **PROTEIN 41.25%**  **FAT 35.3%**  **CARBS 23.45%**

Properties

Glycemic Index:5.25, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:18.996956633485%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 378.21kcal (18.91%), Fat: 13.96g (21.48%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 20.04g (7.29%), Sugar: 2.09g (2.32%), Cholesterol: 101.26mg (33.75%), Sodium: 1139mg (49.52%), Alcohol: 2.06g (100%), Alcohol %: 1.01% (100%), Protein: 36.71g (73.41%), Selenium: 50.45µg (72.07%), Vitamin B3: 13.75mg (68.73%), Vitamin B6: 0.94mg (47.06%), Phosphorus: 417.29mg (41.73%), Calcium: 240mg (24%), Vitamin B2: 0.36mg (20.99%), Manganese: 0.4mg (19.91%), Vitamin B5: 1.91mg (19.07%), Potassium: 603.28mg (17.24%), Zinc: 2.56mg (17.03%), Vitamin B1: 0.22mg (14.63%), Magnesium: 52.78mg (13.19%), Folate: 50.81µg (12.7%), Copper: 0.24mg (12.16%), Iron: 2.02mg (11.21%), Vitamin B12: 0.58µg (9.74%), Vitamin A: 249.65IU (4.99%), Fiber: 0.83g (3.33%), Vitamin E: 0.37mg (2.46%), Vitamin D: 0.28µg (1.87%), Vitamin C: 1.36mg (1.64%), Vitamin K: 1.24µg (1.18%)