



Chicken-Spinach Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



858 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 21.5 ounce broccoli soup canned
- ☐ 0.3 cup butter
- ☐ 6 ounce grilled & chicken breast diced frozen tyson® ready®
- ☐ 0.7 cup milk fat-free
- ☐ 20 ounce pkt spinach frozen chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 6 cups herb-seasoned stuffing mix
- ☐ 2 cups water

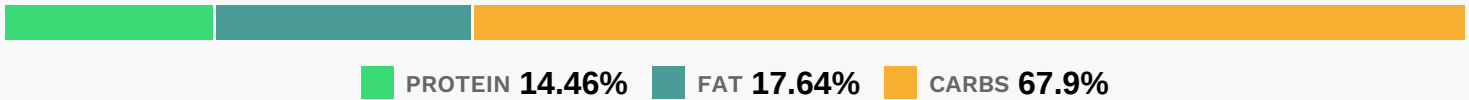
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F. In a Dutch oven or large saucepan combine spinach, half of the soup, the water and butter. Bring to boiling. (If using spinach, separate it with a fork.) Cover and simmer for 5 minutes.
- ☐ Add the stuffing mix to saucepan; stir to moisten.
- ☐ Spread mixture in an ungreased 3-quart rectangular baking dish or eight 10-ounce au gratin dishes; top with Grilled & Ready® Diced Chicken. Stir milk into remaining soup; pour over chicken.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Bake, uncovered, for 25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:44.855217462001%

Nutrients (% of daily need)

Calories: 858.48kcal (42.92%), Fat: 16.71g (25.71%), Saturated Fat: 6.45g (40.29%), Carbohydrates: 144.71g (48.24%), Net Carbohydrates: 136.52g (49.64%), Sugar: 17.2g (19.11%), Cholesterol: 45.18mg (15.06%), Sodium: 3033.18mg (131.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.82g (61.65%), Vitamin K: 279.29µg (265.99%), Vitamin A: 8763.27IU (175.27%), Selenium: 97.58µg (139.4%), Folate: 403.94µg (100.98%), Manganese: 1.71mg (85.53%), Vitamin B1: 1.17mg (77.91%), Vitamin B3: 13.74mg (68.68%), Vitamin B2: 0.96mg (56.65%), Iron: 8.71mg (48.38%), Phosphorus: 387.73mg (38.77%), Magnesium: 137.73mg (34.43%), Calcium: 332.59mg (33.26%), Fiber: 8.19g (32.76%), Copper: 0.63mg (31.56%), Vitamin B6: 0.54mg (26.99%), Vitamin E: 4.02mg (26.78%), Potassium: 848.92mg (24.25%), Vitamin B5: 1.76mg (17.64%), Zinc: 2.51mg (16.73%), Vitamin C: 4.05mg (4.91%),

Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.25µg (1.68%)