



WHATSheATE



Chicken, Stuffing and Green Bean Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups rotisserie chicken breast meat cubed cooked
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 14.5 ounce green beans drained canned
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded
- ☐ 12 ounce unseasoned bread stuffing mix dry

Equipment

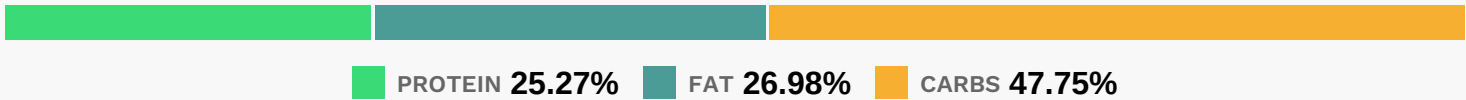
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ In a medium bowl combine the chicken, soup, beans, salt and pepper; mix well and set aside. Prepare stuffing according to package directions.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Spoon chicken mixture into a 9x13 inch baking dish, top with prepared stuffing and sprinkle with cheese.
- ☐ Bake, covered, for 25 minutes; remove cover and bake another 5 minutes to brown the cheese.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:3.03, Inflammation Score:-7, Nutrition Score:20.999565394028%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 439.65kcal (21.98%), Fat: 13.08g (20.12%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 48.41g (17.6%), Sugar: 7.26g (8.07%), Cholesterol: 63.13mg (21.04%), Sodium: 1508.79mg (65.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.56g (55.13%), Selenium: 46.8µg (66.86%), Vitamin B3: 10.38mg (51.9%), Phosphorus: 314.38mg (31.44%), Vitamin K: 32.76µg (31.2%), Folate: 124.7µg (31.18%), Vitamin B1: 0.44mg (29.26%), Vitamin B2: 0.46mg (27.06%), Manganese: 0.53mg (26.48%), Vitamin B6: 0.48mg (23.79%), Calcium: 227.73mg (22.77%), Iron: 3.92mg (21.79%), Vitamin A: 764.82IU (15.3%), Magnesium: 60.46mg (15.12%), Fiber: 3.66g (14.66%), Copper: 0.28mg (13.82%), Zinc: 2mg (13.32%), Potassium: 442.94mg (12.66%), Vitamin C: 8.41mg (10.19%), Vitamin B5: 1.01mg (10.05%), Vitamin E: 1.04mg (6.92%), Vitamin B12: 0.37µg (6.16%), Vitamin D: 0.16µg (1.06%)