



Chicken & Stuffing Florentine

READY IN



40 min.

SERVINGS



4

CALORIES



697 kcal

Ingredients

- 10 oz cream of chicken soup canned
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless
- 2 cups stove top stuffing mix for chicken in the canister
- 1 cup water hot

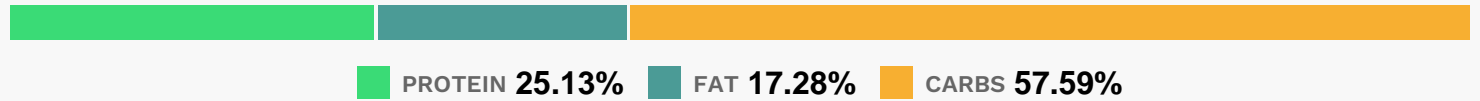
Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Mix stuffing mix, hot water and cheese just until stuffing mix is moistened.
- Place chicken in 13x9-inch baking dish.
- Mix soup and spinach; spoon over chicken. Top with stuffing mixture.
- Bake 30 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:43.591304195964%

Nutrients (% of daily need)

Calories: 696.54kcal (34.83%), Fat: 13.2g (20.31%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 98.97g (32.99%), Net Carbohydrates: 93.13g (33.87%), Sugar: 10.63g (11.81%), Cholesterol: 84.87mg (28.29%), Sodium: 2455.89mg (106.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.2g (86.39%), Vitamin K: 268.19µg (255.42%), Vitamin A: 8530.1IU (170.6%), Selenium: 100.86µg (144.08%), Vitamin B3: 19.29mg (96.45%), Folate: 307.83µg (76.96%), Manganese: 1.27mg (63.61%), Vitamin B6: 1.16mg (57.81%), Vitamin B1: 0.86mg (57.01%), Phosphorus: 501.25mg (50.13%), Vitamin B2: 0.8mg (47.31%), Iron: 7.05mg (39.14%), Magnesium: 135.57mg (33.89%), Potassium: 1002.03mg (28.63%), Calcium: 278.79mg (27.88%), Copper: 0.52mg (25.84%), Fiber: 5.84g (23.36%), Vitamin B5: 2.31mg (23.1%), Vitamin E: 3.13mg (20.9%), Zinc: 2.64mg (17.58%), Vitamin C: 5.33mg (6.46%), Vitamin B12: 0.33µg (5.58%)