

Chicken Supreme III

READY IN



60 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup butter melted
- 4 chicken breast boneless skinless cut into cubes
- 10.8 ounce cream of chicken soup canned
- 1 onion chopped
- 1 cup cheddar cheese shredded
- 6 ounces bread stuffing mix dry
- 0.3 cup water

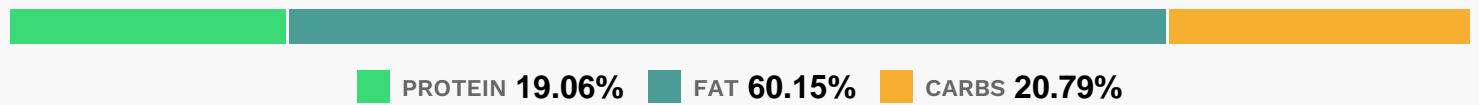
Equipment

- bowl
- frying pan
- oven
- casserole dish

Directions

- In a non-stick skillet over medium heat, cook and stir the chicken and onion until the chicken is no longer pink and juices run clear.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish.
- In a medium bowl, blend the melted butter, 1 1/3 cups water, and dry stuffing mix.
- Place 1/2 the chicken and onion mixture in the prepared dish, and cover with the stuffing mixture. Cover with the remaining chicken mixture. In a small bowl, mix the 1/4 cup water and cream of chicken soup, and pour into the dish. Top with the Cheddar cheese.
- Bake 30 minutes in the preheated oven, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:16.127391234688%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 528.64kcal (26.43%), Fat: 35.28g (54.28%), Saturated Fat: 19.74g (123.36%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 26.21g (9.53%), Sugar: 3.48g (3.86%), Cholesterol: 132.4mg (44.13%), Sodium: 1149.11mg (49.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.3%), Selenium: 44.38µg (63.41%), Vitamin B3: 9.73mg (48.67%), Vitamin B6: 0.64mg (32.16%), Phosphorus: 312.3mg (31.23%), Vitamin A: 1013.78IU (20.28%), Vitamin B2: 0.31mg (18.29%), Calcium: 182.85mg (18.29%), Vitamin B1: 0.24mg (15.94%), Folate: 59.95µg (14.99%), Vitamin B5: 1.42mg (14.15%), Potassium: 421.44mg (12.04%), Manganese: 0.24mg (11.99%), Iron: 1.97mg (10.95%), Zinc: 1.6mg (10.65%), Magnesium: 40.54mg (10.14%), Vitamin E: 1.33mg (8.86%), Copper: 0.17mg (8.39%), Vitamin B12: 0.4µg (6.74%), Fiber: 1.22g (4.88%), Vitamin K: 5.06µg (4.82%), Vitamin C: 2.31mg (2.8%), Vitamin D: 0.19µg

(1.26%)