

Taste of Home

Chicken with Stuffing

READY IN



245 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces chicken breast halves boneless skinless
- 10 ounces cream of chicken soup undiluted canned
- 1.3 cups water
- 0.3 cup butter melted
- 6 ounces bread stuffing mix

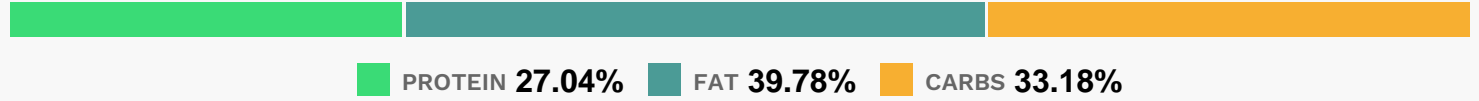
Equipment

- bowl
- slow cooker

Directions

- Place chicken in a greased 3-qt. slow cooker. Top with soup. In a bowl, combine the water, butter and stuffing mix; spoon over the chicken. Cover and cook on low for 4 hours or until chicken is tender.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:2.19, Inflammation Score:-6, Nutrition Score:18.915217316669%

Nutrients (% of daily need)

Calories: 458.93kcal (22.95%), Fat: 19.98g (30.74%), Saturated Fat: 9.5g (59.36%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 36.13g (13.14%), Sugar: 3.91g (4.34%), Cholesterol: 109.17mg (36.39%), Sodium: 1321.46mg (57.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.56g (61.12%), Selenium: 58.19µg (83.13%), Vitamin B3: 14.56mg (72.82%), Vitamin B6: 0.91mg (45.72%), Phosphorus: 323.47mg (32.35%), Vitamin B1: 0.34mg (22.4%), Folate: 77.82µg (19.45%), Vitamin B5: 1.94mg (19.37%), Vitamin B2: 0.32mg (18.98%), Potassium: 562.32mg (16.07%), Manganese: 0.32mg (15.89%), Iron: 2.79mg (15.52%), Magnesium: 50.35mg (12.59%), Copper: 0.23mg (11.72%), Vitamin A: 518.41IU (10.37%), Zinc: 1.28mg (8.53%), Vitamin E: 1.09mg (7.26%), Calcium: 62.46mg (6.25%), Fiber: 1.36g (5.44%), Vitamin K: 4.59µg (4.37%), Vitamin B12: 0.26µg (4.32%), Vitamin C: 1.43mg (1.74%)