

Chicken Zucchini Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup butter melted
- 1 medium carrots shredded
- 10 ounces cream of chicken soup undiluted canned
- 2 cups chicken breast strips/pre-cooked/chopped cubed cooked
- 0.5 cup onion chopped
- 0.5 cup cream sour
- 6 ounces bread stuffing mix
- 3 cups zucchini diced

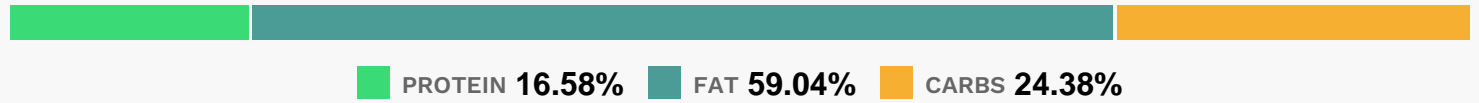
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine stuffing mix and butter. Set aside 1/2 cup for topping.
- Add the zucchini, chicken, soup, carrot, onion and sour cream to the remaining stuffing mixture.
- Transfer to a greased 2-qt. baking dish.
- Sprinkle with reserved stuffing mixture.
- Bake, uncovered, at 350° for 40-45 minutes or until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:16.158695907696%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 490.39kcal (24.52%), Fat: 32.32g (49.73%), Saturated Fat: 18.09g (113.09%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 28g (10.18%), Sugar: 5.87g (6.52%), Cholesterol: 116.04mg (38.68%), Sodium: 965.43mg (41.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.84%), Vitamin A: 2747.57IU (54.95%), Vitamin B3: 8.64mg (43.22%), Selenium: 28.58µg (40.83%), Vitamin B6: 0.46mg (23.14%), Phosphorus: 213.38mg (21.34%), Folate: 71.79µg (17.95%), Manganese: 0.35mg (17.6%), Vitamin B2: 0.3mg (17.59%), Vitamin B1: 0.25mg (16.92%), Vitamin C: 12.9mg (15.64%), Iron: 2.37mg (13.18%), Potassium: 456.95mg (13.06%), Magnesium: 42.96mg (10.74%), Copper: 0.2mg (9.85%), Vitamin B5: 0.92mg (9.2%), Vitamin E: 1.36mg (9.09%), Calcium:

83.62mg (8.36%), Vitamin K: 8.72µg (8.31%), Fiber: 2.04g (8.15%), Zinc: 1.2mg (8.01%), Vitamin B12: 0.25µg (4.21%)