



Cordon Bleu Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup reduced-fat reduced-sodium canned
- 3 tablespoons sherry dry
- 2 cups mushrooms fresh sliced
- 3.8 ounce swiss cheese cut in half reduced-fat
- 3 ounce chicken broth cut in half reduced-fat
- 24 ounce chicken breast halves
- 1.5 cups bread stuffing mix reduced-sodium chicken-flavored

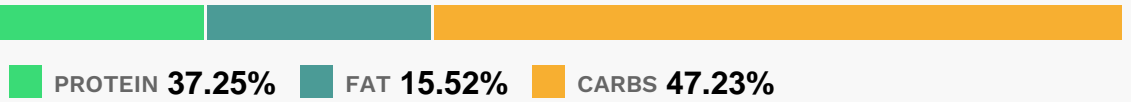
Equipment

- frying pan
- oven
- baking pan

Directions

- Arrange chicken in a 13- x 9- x 2-inch baking dish coated with cooking spray. Top chicken with ham and cheese.
- Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add mushrooms; saute until tender.
- Combine mushrooms, soup, and sherry. Spoon mixture over chicken. Top with stuffing mix; coat well with cooking spray.
- Bake at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:25.010434780432%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 435.74kcal (21.79%), Fat: 7.26g (11.18%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 47.41g (17.24%), Sugar: 5.85g (6.5%), Cholesterol: 81.91mg (27.3%), Sodium: 1364.17mg (59.31%), Alcohol: 0.77g (100%), Alcohol %: 0.33% (100%), Protein: 39.23g (78.45%), Selenium: 69.91µg (99.87%), Vitamin B3: 17.07mg (85.34%), Vitamin B6: 1.01mg (50.61%), Phosphorus: 476.58mg (47.66%), Vitamin B2: 0.58mg (34.15%), Vitamin B1: 0.47mg (31.01%), Folate: 114.04µg (28.51%), Manganese: 0.54mg (27.23%), Vitamin B5: 2.43mg (24.3%), Calcium: 237.55mg (23.76%), Potassium: 768.02mg (21.94%), Copper: 0.39mg (19.35%), Iron: 3.27mg (18.16%), Zinc: 2.65mg (17.65%), Magnesium: 66.85mg (16.71%), Vitamin B12: 0.64µg (10.74%), Fiber: 2.31g (9.26%), Vitamin E: 0.46mg (3.04%), Vitamin C: 2.03mg (2.46%), Vitamin D: 0.2µg (1.3%), Vitamin A: 62.13IU (1.24%)