



Cranberry-Orange Chicken Bake

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz cream of chicken soup canned
- 0.3 cup cranberries dried
- 2 cups vegetables mixed frozen thawed drained (peas, corn and carrots)
- 1 cup orange juice
- 2 Tbsp planters pecans chopped
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 6 oz stove top stuffing mix for chicken
- 0.5 cup water

Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 400F.
- Prepare stuffing as directed on package, using orange juice and water for the liquid and stirring in berries and nuts with the stuffing mix.
- Combine chicken, soup and vegetables. Spoon into 6 ovenproof serving bowls or 13x9-inch baking dish; top with stuffing mixture.
- Bake 30 min. or until chicken is done.

Nutrition Facts

PROTEIN 32.3% **FAT 22.31%** **CARBS 45.39%**

Properties

Glycemic Index:3.75, Glycemic Load:0.94, Inflammation Score:-4, Nutrition Score:3.6217390681091%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 57.36kcal (2.87%), Fat: 1.42g (2.19%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.91g (2.15%), Sugar: 1.66g (1.85%), Cholesterol: 11.5mg (3.83%), Sodium: 133.77mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin B3: 2.2mg (10.99%), Selenium: 7.69µg (10.98%),

Vitamin A: 492.86IU (9.86%), Vitamin B6: 0.15mg (7.33%), Phosphorus: 51.8mg (5.18%), Vitamin C: 4.27mg (5.17%), Manganese: 0.08mg (4.04%), Vitamin B1: 0.06mg (3.82%), Potassium: 111.11mg (3.17%), Folate: 12.58µg (3.14%), Vitamin B5: 0.31mg (3.06%), Vitamin B2: 0.05mg (2.82%), Magnesium: 9.95mg (2.49%), Fiber: 0.61g (2.46%), Iron: 0.42mg (2.31%), Copper: 0.04mg (2.1%), Zinc: 0.23mg (1.51%)