



Creamy Broccoli-Stuffed Chicken Breasts

READY IN



45 min.

SERVINGS



45

CALORIES



42 kcal

SIDE DISH

Ingredients

- 10 oz broccoli frozen thawed drained chopped
- 10 oz cream of chicken soup fat-free 98% canned
- 0.5 cup milk fat-free
- 1 tsp paprika
- 2 Tbsp parmesan cheese grated kraft
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken
- 1 cup water

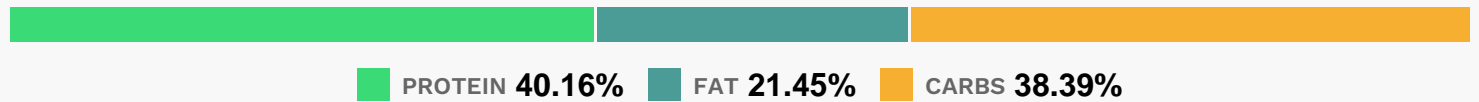
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 400F.
- Combine stuffing mix and water in large bowl.
- Let stand 5 min. Meanwhile, pound chicken to 1/4-inch thickness.
- Add broccoli to stuffing; mix lightly.
- Spread onto chicken to within 1/2 inch of edges; roll up starting at one short end of each.
- Place, seam-sides down, in 13x9-inch baking dish.
- Mix soup and milk; pour over chicken. Top with paprika and cheese.
- Bake 30 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:2.74, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:3.1713043529054%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 41.64kcal (2.08%), Fat: 0.98g (1.5%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.64g (1.32%), Sugar: 0.6g (0.66%), Cholesterol: 10.49mg (3.5%), Sodium: 122.25mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Selenium: 7.07µg (10.09%), Vitamin B3: 1.87mg (9.34%), Vitamin C: 5.81mg (7.04%), Vitamin B6: 0.13mg (6.64%), Vitamin K: 6.8µg (6.48%), Phosphorus: 47.67mg (4.77%), Vitamin B5: 0.29mg (2.9%), Folate: 11.14µg (2.79%), Potassium: 94.36mg (2.7%), Vitamin B2: 0.05mg

(2.68%), Vitamin B1: 0.04mg (2.62%), Manganese: 0.04mg (2.17%), Magnesium: 7.57mg (1.89%), Iron: 0.32mg (1.8%), Vitamin A: 87.98IU (1.76%), Calcium: 14.1mg (1.41%), Zinc: 0.19mg (1.28%), Copper: 0.03mg (1.28%), Fiber: 0.3g (1.21%)