



Creamy Chicken Skillet with Stuffing

 Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz condensed cream of broccoli soup canned
- 3 cups vegetables mixed frozen
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken
- 0.5 cup water

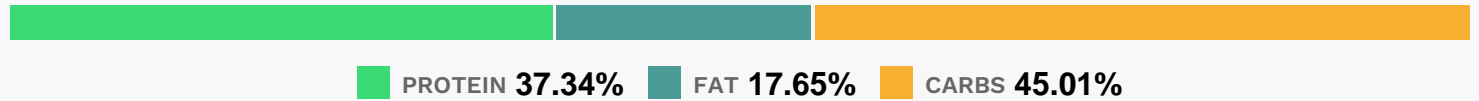
Equipment

- frying pan

Directions

- Prepare stuffing mix as directed on package. Meanwhile, heat large nonstick skillet on medium-high heat.
- Add chicken; cover. Cook 5 to 7 min. on each side or until done (165F).
- Remove chicken from skillet.
- Add vegetables, soup and water to skillet; cover. Cook 6 min. or until heated through, stirring often.
- Return chicken to skillet. Cook 1 min. or until hot.
- Serve with stuffing.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:24.776521630909%

Nutrients (% of daily need)

Calories: 330.96kcal (16.55%), Fat: 6.48g (9.97%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 32.34g (11.76%), Sugar: 2.98g (3.31%), Cholesterol: 78.06mg (26.02%), Sodium: 817.41mg (35.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.69%), Vitamin A: 4788.81IU (95.78%), Vitamin B3: 14.73mg (73.63%), Selenium: 51.11µg (73.01%), Vitamin B6: 0.98mg (49.23%), Phosphorus: 345.97mg (34.6%), Manganese: 0.5mg (25.1%), Vitamin B1: 0.36mg (24.23%), Vitamin B5: 2.31mg (23.12%), Potassium: 728.54mg (20.82%), Folate: 79.5µg (19.87%), Fiber: 4.83g (19.32%), Vitamin B2: 0.32mg (19.04%), Magnesium: 65.22mg (16.31%), Iron: 2.6mg (14.45%), Vitamin C: 10.92mg (13.24%), Copper: 0.24mg (11.96%), Zinc: 1.39mg (9.26%), Vitamin K: 8.67µg (8.25%), Calcium: 71.63mg (7.16%), Vitamin E: 0.98mg (6.53%), Vitamin B12: 0.25µg (4.19%)