



Crunchy Chicken and Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 eggs
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 12 ounce campbell's® slow roast chicken gravy
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 cup herb seasoned stuffing crushed pepperidge farm®

Equipment

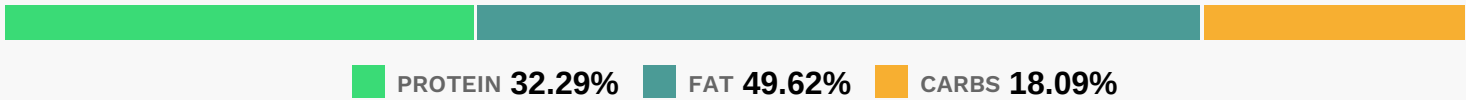
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Stir the stuffing and cheese on a plate. Beat the egg in a shallow dish with a fork or whisk. Dip the chicken into the egg. Coat the chicken with the stuffing mixture.
- ☐ Place the chicken onto a baking sheet.
- ☐ Drizzle with the butter.
- ☐ Bake at 400 degrees F for 20 minutes or until the chicken is cooked through.
- ☐ Heat the gravy in a 1-quart saucepan over medium heat until hot and bubbling.
- ☐ Serve the gravy with the chicken.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:16.342173944349%

Nutrients (% of daily need)

Calories: 351.6kcal (17.58%), Fat: 18.97g (29.19%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 14.11g (5.13%), Sugar: 2.54g (2.82%), Cholesterol: 137.27mg (45.76%), Sodium: 850.02mg (36.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.78g (55.55%), Selenium: 65.38µg (93.4%), Vitamin B3: 12.54mg (62.68%), Vitamin B6: 0.89mg (44.37%), Phosphorus: 297.61mg (29.76%), Vitamin B5: 1.84mg (18.35%), Vitamin A: 734.67IU (14.69%), Potassium: 476.56mg (13.62%), Vitamin B2: 0.23mg (13.4%), Vitamin B1: 0.15mg (9.72%), Magnesium: 37.72mg (9.43%), Vitamin E: 1.21mg (8.04%), Folate: 29.55µg (7.39%), Vitamin K: 7.64µg (7.28%), Zinc: 1.05mg (7.01%), Iron: 1.17mg (6.49%), Vitamin B12: 0.37µg (6.24%), Fiber: 1.45g (5.8%), Manganese: 0.11mg (5.33%), Calcium: 51.59mg (5.16%), Copper: 0.08mg (3.77%), Vitamin D: 0.35µg (2.3%), Vitamin C: 1.36mg (1.64%)