



Farm House Chicken-And-Dressing Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup celery sliced
- ☐ 10 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 3 cups roasted chicken breast chopped
- ☐ 8 ounce cornbread stuffing (such as Pepperidge Farm)
- ☐ 2 cups water
- ☐ 2 tablespoons yogurt-based spread (such as Brummel & Brown)

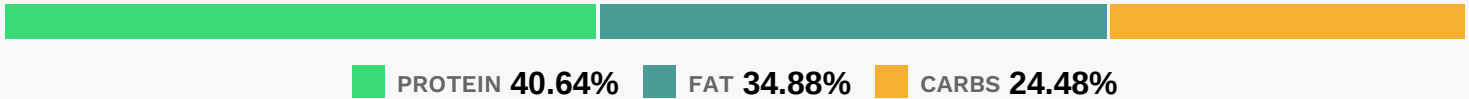
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a nonstick skillet over medium– high heat.
- ☐ Add onion and celery; saut 4 minutes or until onion is golden.
- ☐ Increase heat to high; add water. Bring to a boil, and cook 4 minutes or until celery is tender. Stir in spread until melted.
- ☐ Add soup, stuffing, and pepper.
- ☐ Remove from heat, and stir in chicken.
- ☐ Place stuffing mixture in a 2–quart baking dish coated with cooking spray.
- ☐ Bake at 350 for 45 minutes or until top is golden.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.14, Inflammation Score:-5, Nutrition Score:12.262608621431%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 247.74kcal (12.39%), Fat: 9.41g (14.48%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 13.07g (4.75%), Sugar: 2.66g (2.96%), Cholesterol: 64.15mg (21.38%), Sodium: 582.77mg

(25.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.35%), Selenium: 39.38µg (56.26%), Vitamin B3: 10.42mg (52.1%), Vitamin B6: 0.48mg (23.95%), Phosphorus: 207.48mg (20.75%), Vitamin K: 11.82µg (11.26%), Vitamin B2: 0.17mg (9.77%), Iron: 1.75mg (9.7%), Potassium: 314.64mg (8.99%), Vitamin B5: 0.89mg (8.89%), Manganese: 0.18mg (8.84%), Vitamin B1: 0.12mg (8.24%), Magnesium: 32.65mg (8.16%), Copper: 0.15mg (7.61%), Vitamin E: 1.11mg (7.43%), Fiber: 1.79g (7.17%), Folate: 28.59µg (7.15%), Zinc: 1.05mg (7.03%), Vitamin A: 283.74IU (5.67%), Calcium: 51.57mg (5.16%), Vitamin B12: 0.27µg (4.44%), Vitamin C: 2.45mg (2.96%)