

Gravy Stuffing Chicken Bake

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



526 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce regular corn canned
- ☐ 16 ounce carrots drained sliced canned
- ☐ 12 ounce campbell's chicken gravy
- ☐ 3 pound roasted chicken
- ☐ 3 cups pepperidge farm sage and onion stuffing stuffing prepared
- ☐ 12 ounce campbell's turkey gravy

Equipment

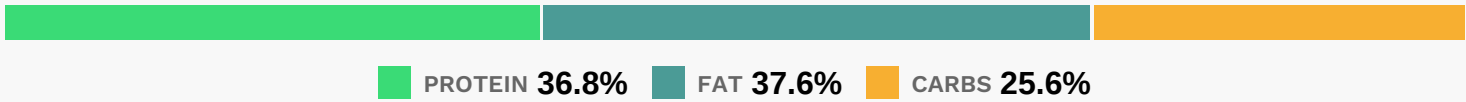
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Shred or tear the chicken into bite size pieces. Try to get most off the whole chicken as possible, or as much as you think you can handle.
- ☐ Place torn chicken in a 9x13 inch baking dish.
- ☐ Mix corn and carrots around with the chicken, then pour chicken gravy and turkey gravy on top and mix.
- ☐ Sprinkle stuffing over top to cover..
- ☐ Bake at 400 degrees F (200 degrees C) for about 30 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:5.85, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:25.543478240138%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 526.17kcal (26.31%), Fat: 21.5g (33.08%), Saturated Fat: 5.59g (34.97%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 29.19g (10.61%), Sugar: 5.71g (6.34%), Cholesterol: 130.97mg (43.66%), Sodium: 994.88mg (43.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.35g (94.69%), Vitamin A: 9920.79IU (198.42%), Selenium: 79.25µg (113.22%), Vitamin B3: 15.48mg (77.42%), Vitamin B6: 0.81mg (40.28%), Phosphorus: 399.72mg (39.97%), Vitamin B2: 0.37mg (21.83%), Zinc: 3.08mg (20.54%), Potassium: 688.12mg (19.66%), Vitamin B5: 1.87mg (18.69%), Iron: 3.16mg (17.57%), Vitamin K: 17.76µg (16.91%), Vitamin B1: 0.25mg (16.86%), Folate: 63.94µg (15.99%), Fiber: 3.76g (15.05%), Magnesium: 57.37mg (14.34%), Manganese: 0.27mg (13.33%), Copper: 0.19mg (9.65%), Vitamin E: 1.42mg (9.49%), Vitamin B12: 0.5µg (8.35%), Calcium: 64.19mg (6.42%), Vitamin C: 4.25mg (5.15%)