



## Green Bean and Chicken Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 oz cream of chicken soup canned
- 0.3 cup milk
- 1 cup pepperidge farm sage and onion stuffing stuffing
- 0.3 cup butter melted
- 1.3 lb chicken breast boneless skinless cut into 1-inch-wide strips
- 2 cups green beans frozen thawed

### Equipment

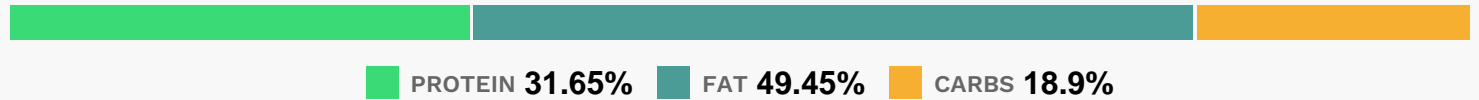
- bowl

- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Lightly spray 11x7-inch glass baking dish with cooking spray. In small bowl, mix soup and milk until well blended. In another small bowl, mix stuffing crumbs and melted butter.
- In baking dish, layer chicken, green beans, soup mixture and stuffing mixture.
- Bake uncovered about 45 minutes or until chicken is no longer pink in center and mixture is hot and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:31.75, Glycemic Load:3.7, Inflammation Score:-8, Nutrition Score:23.461304312167%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 446.87kcal (22.34%), Fat: 24.4g (37.53%), Saturated Fat: 5.64g (35.28%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 18.04g (6.56%), Sugar: 3.99g (4.44%), Cholesterol: 98.64mg (32.88%), Sodium: 1081.66mg (47.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.14g (70.28%), Selenium: 72.33µg (103.32%), Vitamin B3: 16.24mg (81.22%), Vitamin B6: 1.17mg (58.49%), Phosphorus: 381.85mg (38.19%), Vitamin K: 33.95µg (32.34%), Vitamin A: 1249.38IU (24.99%), Vitamin B5: 2.4mg (23.99%), Potassium: 743.68mg (21.25%), Vitamin B2: 0.31mg (18.46%), Magnesium: 61.91mg (15.48%), Vitamin B1: 0.22mg (14.91%), Manganese: 0.28mg (13.85%), Vitamin E: 2.05mg (13.69%), Iron: 2.44mg (13.58%), Fiber: 2.93g (11.74%), Folate: 44.99µg (11.25%), Copper: 0.21mg (10.49%), Vitamin C: 8.52mg (10.32%), Zinc: 1.38mg (9.18%), Calcium: 77.12mg (7.71%), Vitamin B12: 0.38µg (6.42%), Vitamin D: 0.31µg (2.06%)