



## HEALTHY LIVING STOVE TOP Easy Chicken Casserole

READY IN



40 min.

SERVINGS



40

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 oz cream of chicken soup reduced-fat reduced-sodium canned
- 0.3 cup knudsen cream light sour
- 16 oz vegetables mixed frozen thawed drained (carrots, corn, green beans, peas)
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 6 oz stove top stuffing mix for chicken

### Equipment

- oven

baking pan

## Directions

Heat oven to 400F.

Prepare stuffing as directed on package.

Mix remaining ingredients in 13x9-inch baking dish sprayed with cooking spray; top with stuffing.

Bake 30 min. or until chicken is done.

## Nutrition Facts



**PROTEIN 36.29%** **FAT 21.86%** **CARBS 41.85%**

## Properties

Glycemic Index:2.2, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:3.4539130258819%

## Nutrients (% of daily need)

Calories: 52.05kcal (2.6%), Fat: 1.26g (1.93%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.82g (1.75%), Sugar: 0.39g (0.44%), Cholesterol: 12.17mg (4.06%), Sodium: 136.15mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin A: 600.21IU (12%), Selenium: 7.72µg (11.03%), Vitamin B3: 2.19mg (10.95%), Vitamin B6: 0.15mg (7.26%), Phosphorus: 51.96mg (5.2%), Vitamin B1: 0.05mg (3.45%), Manganese: 0.06mg (3.01%), Potassium: 104.97mg (3%), Vitamin B2: 0.05mg (2.91%), Vitamin B5: 0.29mg (2.91%), Folate: 11.47µg (2.87%), Fiber: 0.59g (2.36%), Magnesium: 9.32mg (2.33%), Iron: 0.41mg (2.27%), Copper: 0.03mg (1.73%), Vitamin C: 1.41mg (1.71%), Zinc: 0.22mg (1.46%), Calcium: 11.51mg (1.15%)