



## Make-Ahead Chicken & Green Bean Casserole

READY IN



70 min.

SERVINGS



10

CALORIES



224 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 tsp pepper black
- 1 Tbsp butter
- 4 oz philadelphia cream cheese cubed ()
- 1.8 cups chicken broth fat-free reduced-sodium
- 0.3 cup flour
- 0.5 lb green beans fresh trimmed cut into 1-inch lengths
- 0.5 lb mushrooms fresh sliced
- 1 large onion chopped
- 1.5 lb chicken breasts boneless skinless

6 oz stove top stuffing mix for chicken

## Equipment

frying pan

oven

baking pan

## Directions

Prepare stuffing as directed on package.

Meanwhile, melt butter in large nonstick skillet on medium heat.

Add chicken; sprinkle with pepper. Cook 5 min. on each side or until chicken is done (165F); transfer to 13x9-inch baking dish sprayed with cooking spray.

Cook and stir beans, mushrooms and onions in same skillet 6 to 8 min. or until beans and onions are crisp-tender.

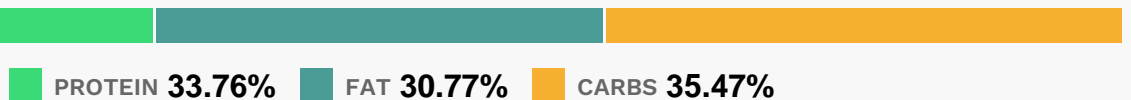
Sprinkle with flour; cook and stir 1 min. Stir in broth; simmer 3 min. or until thickened, stirring frequently.

Add cream cheese; cook and stir 2 to 3 min. or until melted. Spoon over chicken; top with stuffing. Refrigerate up to 24 hours.

Heat oven to 400F.

Bake casserole (uncovered) 30 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:28.9, Glycemic Load:2.83, Inflammation Score:-5, Nutrition Score:13.554782618647%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

## Nutrients (% of daily need)

Calories: 224.33kcal (11.22%), Fat: 7.64g (11.75%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 18.07g (6.57%), Sugar: 3.73g (4.14%), Cholesterol: 58.22mg (19.41%), Sodium: 528.3mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.71%), Selenium: 35.19µg (50.26%), Vitamin B3: 9.5mg (47.49%), Vitamin B6: 0.62mg (31.13%), Phosphorus: 219.72mg (21.97%), Vitamin B2: 0.31mg (18.01%), Vitamin B5: 1.58mg (15.75%), Vitamin B1: 0.22mg (14.59%), Potassium: 467.36mg (13.35%), Folate: 52.68µg (13.17%), Manganese: 0.23mg (11.5%), Vitamin K: 10.65µg (10.14%), Magnesium: 36.01mg (9%), Copper: 0.17mg (8.39%), Iron: 1.5mg (8.34%), Vitamin A: 365.87IU (7.32%), Fiber: 1.75g (6.99%), Vitamin C: 5.17mg (6.27%), Zinc: 0.84mg (5.6%), Calcium: 46.26mg (4.63%), Vitamin B12: 0.26µg (4.26%), Vitamin E: 0.43mg (2.84%)