



One-Dish Chicken & Stuffing Bake

READY IN



45 min.

SERVINGS



6

CALORIES



411 kcal

SIDE DISH

Ingredients

- ☐ 10.8 ounces cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 1 tablespoon parsley dried fresh chopped
- ☐ 0.3 cup milk
- ☐ 6 servings paprika
- ☐ 1.5 pounds chicken breast halves boneless skinless
- ☐ 4 cups pepperidge farm sage and onion stuffing stuffing pepperidge farm®

Equipment

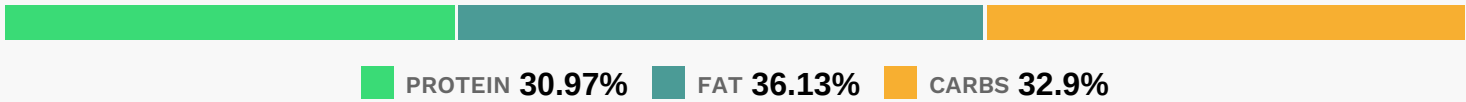
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 400°F. Prepare the stuffing according to the package directions.
- ☐ Spoon the stuffing across the center of a 3-quart shallow baking dish.
- ☐ Place the chicken on either side of the stuffing.
- ☐ Sprinkle the chicken with the paprika.
- ☐ Stir the soup, milk and parsley in a small bowl.
- ☐ Pour the soup mixture over the chicken. Cover the baking dish.
- ☐ Bake for 30 minutes or until the chicken is cooked through.
- ☐ Easy Substitution: Any variety of Pepperidge Farm® Stuffing will work in this recipe.
- ☐ Easy Substitution: You can substitute Cream of Chicken Soup for the Cream of Mushroom.
- ☐ Serve with steamed sugar snap peas and a tossed green salad. For dessert serve sliced peaches with whipped topping and a sprinkle of cinnamon.

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:23.048260844272%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 411kcal (20.55%), Fat: 16.33g (25.13%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 33.46g (11.15%), Net Carbohydrates: 28.7g (10.44%), Sugar: 3.7g (4.11%), Cholesterol: 76.74mg (25.58%), Sodium: 1138.35mg (49.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.49g (62.99%), Selenium: 103.12µg (147.31%), Vitamin B3: 14.5mg (72.5%), Vitamin B6: 0.98mg (48.85%), Phosphorus: 330.29mg (33.03%), Vitamin A: 1464.86IU (29.3%), Vitamin K: 24.67µg (23.5%), Manganese: 0.46mg (22.99%), Vitamin B2: 0.34mg (19.87%), Vitamin B5: 1.92mg

(19.25%), Fiber: 4.76g (19.02%), Potassium: 657.12mg (18.77%), Vitamin B1: 0.28mg (18.59%), Vitamin E: 2.7mg (18.01%), Folate: 61.67µg (15.42%), Iron: 2.72mg (15.14%), Magnesium: 55.56mg (13.89%), Copper: 0.25mg (12.26%), Zinc: 1.75mg (11.67%), Calcium: 75.42mg (7.54%), Vitamin B12: 0.39µg (6.58%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.26µg (1.75%)