



WHATSheATE



Savory Chicken and Stuffing Bake

READY IN



40 min.

SERVINGS



6

CALORIES



425 kcal

SIDE DISH

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned (Regular or)
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup milk
- ☐ 6 servings paprika
- ☐ 6 chicken breasts boneless skinless
- ☐ 4 cups pepperidge farm sage and onion stuffing stuffing country style cubed pepperidge farm®

Equipment

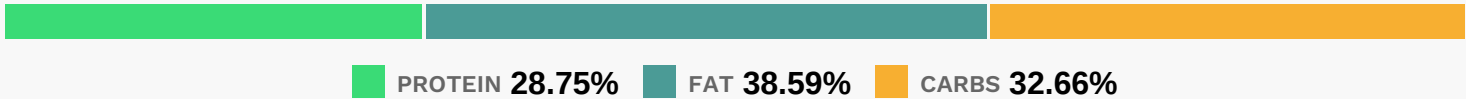
- ☐ oven

☐ baking pan

Directions

- ☐ Prepare stuffing according to pkg. directions.
- ☐ Spoon stuffing across center of 3-qt. shallow baking dish.
- ☐ Place chicken on each side of stuffing.
- ☐ Sprinkle chicken with paprika.
- ☐ Mix soup, milk and parsley.
- ☐ Pour over chicken. Cover.
- ☐ Bake at 400 degrees F for 15 min. Uncover and bake 15 min. or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:22.756956338882%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 424.55kcal (21.23%), Fat: 18.02g (27.72%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 29.74g (10.81%), Sugar: 3.95g (4.39%), Cholesterol: 78.01mg (26%), Sodium: 1133.2mg (49.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.43%), Selenium: 103.91µg (148.44%), Vitamin B3: 14.18mg (70.88%), Vitamin B6: 0.95mg (47.57%), Phosphorus: 329.4mg (32.94%), Vitamin A: 1606.88IU (32.14%), Vitamin K: 33.16µg (31.58%), Vitamin E: 2.95mg (19.66%), Vitamin B5: 1.92mg (19.19%), Vitamin B2: 0.32mg (19%), Fiber: 4.59g (18.35%), Vitamin B1: 0.28mg (18.33%), Potassium: 611.28mg (17.47%), Iron: 2.87mg (15.97%), Manganese: 0.31mg (15.51%), Folate: 59.53µg (14.88%), Magnesium: 52.93mg (13.23%), Copper: 0.21mg (10.35%), Zinc: 1.33mg (8.84%), Calcium: 77.6mg (7.76%), Vitamin B12: 0.31µg (5.21%), Vitamin C: 2.31mg (2.8%), Vitamin D: 0.26µg (1.75%)