



Skillet Chicken and Apple Stuffing

READY IN



30 min.

SERVINGS



4

CALORIES



762 kcal

SIDE DISH

Ingredients

- 1 apples diced cored
- 2 cups chicken broth
- 1 tablespoon olive oil
- 1 cup cheddar cheese shredded
- 4 chicken breast halves boneless skinless
- 2 cups bread stuffing mix

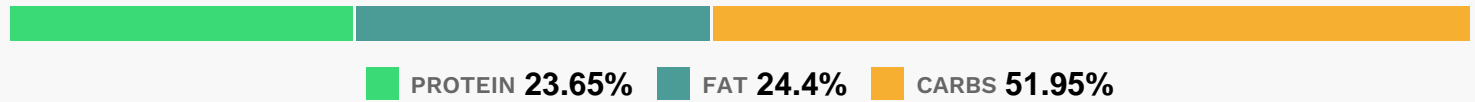
Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet over medium-high heat and cook chicken, turning once, 8 minutes or until thoroughly cooked.*
- Remove chicken from pan.
- Add broth and Recipe Ready Celery to skillet; bring to a boil over high heat. Continue boiling 1 minute. Stir in stuffing mix and apple.
- Remove from heat.
- Arrange chicken in skillet and sprinkle with cheese. Stand covered 5 minutes.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:31.226956341578%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 762.34kcal (38.12%), Fat: 20.38g (31.35%), Saturated Fat: 7.58g (47.35%), Carbohydrates: 97.63g (32.54%), Net Carbohydrates: 92.75g (33.73%), Sugar: 15.11g (16.79%), Cholesterol: 104.1mg (34.7%), Sodium: 2414.32mg (104.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.45g (88.91%), Selenium: 101.41µg (144.87%), Vitamin B3: 18.92mg (94.6%), Vitamin B1: 0.82mg (54.53%), Phosphorus: 543.18mg (54.32%), Vitamin B6: 1.06mg (53.22%), Folate: 210.55µg (52.64%), Vitamin B2: 0.8mg (46.86%), Manganese: 0.79mg (39.62%), Calcium: 327.59mg (32.76%), Iron: 5.13mg (28.48%), Potassium: 800.73mg (22.88%), Vitamin B5: 2.24mg (22.36%), Magnesium: 87.78mg (21.94%), Fiber: 4.88g (19.51%), Zinc: 2.89mg (19.29%), Copper: 0.35mg (17.56%), Vitamin E: 1.51mg (10.06%), Vitamin B12: 0.57µg (9.54%), Vitamin A: 346.25IU (6.93%), Vitamin K: 5.31µg (5.06%), Vitamin C: 3.45mg (4.18%), Vitamin D: 0.28µg (1.88%)