



Skillet Chicken, Stuffing and Gravy

 Dairy Free

READY IN



21 min.

SERVINGS



6

CALORIES



330 kcal

SAUCE

Ingredients

- ☐ 10.5 ounce campbell's chicken gravy canned
- ☐ 6 small chicken breast halves boneless skinless cut in half horizontally)
- ☐ 6 ounce chicken flavor stuffing mix
- ☐ 1.5 cups water hot

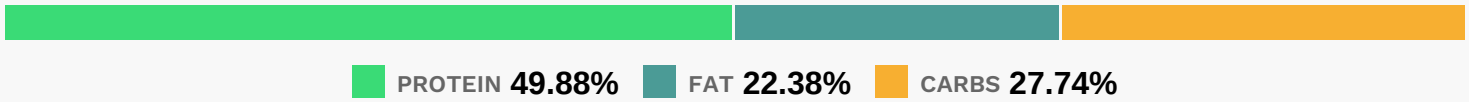
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Spray large nonstick skillet with cooking spray.
- ☐ Add chicken and cook on medium heat for 3 minutes on each side.
- ☐ Add gravy to skillet and cook for 5 minutes or until chicken is cooked through.2 In bowl, combine stuffing mix and water. Spoon stuffing over chicken in skillet. Cover and cook for 5 minutes or until heated.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:17.633043273636%

Nutrients (% of daily need)

Calories: 330.03kcal (16.5%), Fat: 7.91g (12.17%), Saturated Fat: 2g (12.48%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 21.14g (7.69%), Sugar: 2.34g (2.61%), Cholesterol: 97.41mg (32.47%), Sodium: 771.48mg (33.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.66g (79.32%), Selenium: 58.9µg (84.14%), Vitamin B3: 14.61mg (73.06%), Vitamin B6: 0.98mg (49.19%), Phosphorus: 353.18mg (35.32%), Vitamin B5: 1.72mg (17.23%), Vitamin B2: 0.28mg (16.3%), Potassium: 563.75mg (16.11%), Vitamin B1: 0.24mg (16.09%), Zinc: 2.17mg (14.44%), Folate: 53.14µg (13.28%), Magnesium: 50.74mg (12.68%), Vitamin B12: 0.73µg (12.13%), Iron: 2.14mg (11.91%), Manganese: 0.19mg (9.27%), Copper: 0.13mg (6.61%), Calcium: 41.87mg (4.19%), Fiber: 0.91g (3.63%), Vitamin E: 0.48mg (3.21%), Vitamin A: 122.28IU (2.45%), Vitamin C: 1.36mg (1.64%), Vitamin K: 1.68µg (1.6%), Vitamin D: 0.16µg (1.08%)