



Smothered Chicken Sandwich

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz campbell's chicken gravy canned
- 3 cups peas frozen cooked
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken
- 1.5 cups water hot
- 6 slices bread white

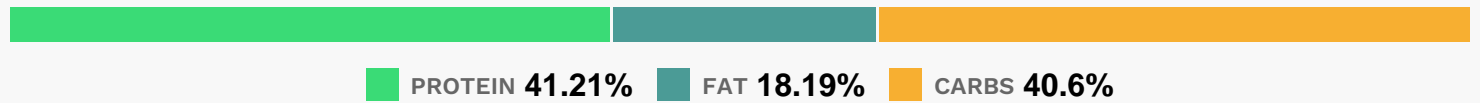
Equipment

- frying pan

Directions

- Cook chicken in large nonstick skillet sprayed with cooking spray 3 min. on each side.
- Add gravy; cook 5 min. or until chicken is done (165F). Meanwhile, mix stuffing mix and water.
- Spoon stuffing over chicken; cover. Cook 5 min. or until stuffing is heated through.
- Top bread with chicken and gravy.
- Serve with peas.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:11.56, Inflammation Score:-8, Nutrition Score:28.188260840333%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 452.34kcal (22.62%), Fat: 8.92g (13.72%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 44.77g (14.92%), Net Carbohydrates: 39.15g (14.24%), Sugar: 7.79g (8.66%), Cholesterol: 96.48mg (32.16%), Sodium: 883.43mg (38.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.43g (90.87%), Selenium: 65.69µg (93.85%), Vitamin B3: 17.3mg (86.51%), Vitamin B6: 1.13mg (56.39%), Phosphorus: 456.95mg (45.7%), Vitamin B1: 0.56mg (37.41%), Vitamin C: 30.36mg (36.8%), Folate: 127.98µg (32%), Manganese: 0.63mg (31.53%), Vitamin B2: 0.43mg (25.35%), Fiber: 5.61g (22.46%), Iron: 4.02mg (22.33%), Potassium: 767.75mg (21.94%), Zinc: 3.23mg (21.52%), Magnesium: 81.07mg (20.27%), Vitamin B5: 1.94mg (19.38%), Vitamin K: 19.66µg (18.72%), Copper: 0.29mg (14.49%), Vitamin A: 673.09IU (13.46%), Vitamin B12: 0.7µg (11.75%), Calcium: 112.43mg (11.24%), Vitamin E: 0.62mg (4.16%), Vitamin D: 0.16µg (1.07%)