



## Stacey's Chicken and Stuffing Casserole

READY IN



105 min.

SERVINGS



6

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter melted
- 1 cup chicken broth
- 8 ounces corn bread stuffing mix
- 10.8 ounce cream of celery soup canned
- 5 ounce evaporated milk canned
- 1 small onion chopped
- 1 pound chicken breast halves boneless skinless

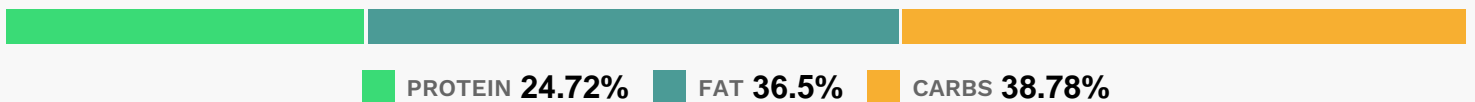
### Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- slotted spoon

## Directions

- Boil chicken breasts in a pot of lightly salted water until no longer pink in the center and are beginning to fall apart, about 30 minutes.
- Remove chicken breasts from water using a slotted spoon and shred.
- Preheat oven to 350 degrees F (175 degrees C).
- Melt 1 tablespoon butter in a skillet over medium heat; cook and stir onion in the melted butter until translucent, about 10 minutes.
- Add shredded chicken; mix well.
- Pour cream of celery soup and evaporated milk into chicken mixture; spoon mixture into an 8x8-inch baking dish.
- Mix chicken broth and melted butter together in a bowl. Empty cornbread stuffing mix into a large bowl; pour chicken broth mixture over stuffing. Toss to combine.
- Pour stuffing over chicken mixture.
- Bake in the preheated oven until bubbling and stuffing is lightly browned, about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:16.545652355837%

## Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 375.39kcal (18.77%), Fat: 15.06g (23.17%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 34.3g (12.47%), Sugar: 6.85g (7.61%), Cholesterol: 82.32mg (27.44%), Sodium: 1112.5mg (48.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.89%), Selenium: 44.1µg (63%), Vitamin B3: 10.35mg (51.74%), Vitamin B6: 0.65mg (32.74%), Phosphorus: 282.47mg (28.25%), Vitamin B2: 0.35mg (20.72%), Vitamin B1: 0.31mg (20.7%), Vitamin B5: 1.87mg (18.74%), Manganese: 0.37mg (18.6%), Folate: 71.93µg (17.98%), Potassium: 520.41mg (14.87%), Calcium: 124.88mg (12.49%), Iron: 2.07mg (11.51%), Magnesium: 44.73mg (11.18%), Vitamin K: 10.15µg (9.67%), Vitamin A: 460.51IU (9.21%), Copper: 0.18mg (9.1%), Vitamin E: 1.27mg (8.46%), Zinc: 1.09mg (7.26%), Fiber: 1.71g (6.85%), Vitamin B12: 0.24µg (4.01%), Vitamin C: 2.32mg (2.81%)