



STOVE TOP Classic One-Dish Chicken Bake with Vegetables

READY IN



40 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz cream of chicken soup canned
- 0.3 cup knudsen cream sour
- 16 oz vegetables mixed frozen thawed drained
- 1.5 cups low-moisture part-skim mozzarella cheese shredded kraft
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 6 oz stove top stuffing mix for chicken
- 1.7 cups water hot

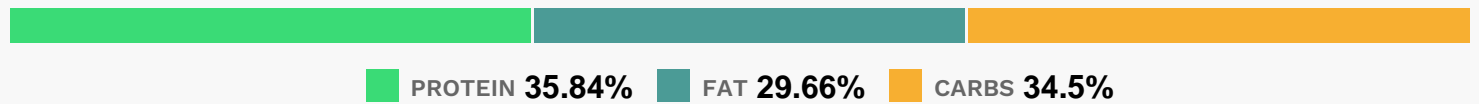
Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Add hot water to stuffing mix; stir just until moistened.
- Place chicken in 3-qt. or 13x9-inch baking dish.
- Mix soup, sour cream, cheese and vegetables; spoon over chicken. Top with prepared stuffing.
- Bake 30 min. or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:25.857826217361%

Nutrients (% of daily need)

Calories: 426.03kcal (21.3%), Fat: 13.96g (21.47%), Saturated Fat: 5.88g (36.76%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 32.6g (11.85%), Sugar: 3.35g (3.72%), Cholesterol: 102.1mg (34.03%), Sodium: 1077.64mg (46.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.94g (75.88%), Vitamin A: 4173.77IU (83.48%), Selenium: 55.6µg (79.43%), Vitamin B3: 14.64mg (73.18%), Vitamin B6: 0.99mg (49.49%), Phosphorus: 476.71mg (47.67%), Calcium: 292.52mg (29.25%), Vitamin B2: 0.42mg (24.72%), Vitamin B1: 0.35mg (23.17%), Potassium: 712.23mg (20.35%), Manganese: 0.41mg (20.31%), Vitamin B5: 2.01mg (20.08%), Folate: 78.32µg (19.58%), Magnesium: 69.23mg (17.31%), Fiber: 3.93g (15.72%), Iron: 2.79mg (15.5%), Zinc: 2.22mg (14.8%), Copper: 0.25mg (12.43%), Vitamin C: 9.39mg (11.38%), Vitamin B12: 0.49µg (8.15%), Vitamin E: 0.67mg (4.44%), Vitamin K: 3.12µg (2.97%), Vitamin D: 0.2µg (1.32%)