



STOVE TOP Easy Cheesy Chicken Bake

READY IN



40 min.

SERVINGS



40

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz broccoli florets frozen thawed drained
- 10 oz cream of chicken soup canned
- 0.5 cup milk
- 1.5 cups cheddar cheese shredded kraft
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 6 oz stove top stuffing mix for chicken

Equipment

- oven

baking pan

Directions

Heat oven to 400F.

Prepare stuffing as directed on package.

Combine remaining ingredients; spoon into 13x9-inch baking dish sprayed with cooking spray. Top with stuffing.

Bake 30 min. or until chicken is done and casserole is heated through.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:4.3956521645836%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 64.68kcal (3.23%), Fat: 2.57g (3.95%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.26g (1.55%), Sugar: 0.72g (0.8%), Cholesterol: 16.1mg (5.37%), Sodium: 161.38mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Selenium: 9.12µg (13.03%), Vitamin C: 9.06mg (10.98%), Vitamin B3: 2.12mg (10.58%), Vitamin K: 10.6µg (10.1%), Vitamin B6: 0.16mg (7.8%), Phosphorus: 72.95mg (7.3%), Calcium: 44.34mg (4.43%), Vitamin B2: 0.07mg (4.23%), Folate: 15.11µg (3.78%), Vitamin B5: 0.36mg (3.59%), Potassium: 116.06mg (3.32%), Vitamin B1: 0.05mg (3.14%), Manganese: 0.05mg (2.7%), Vitamin A: 127.3IU (2.55%), Magnesium: 10mg (2.5%), Zinc: 0.37mg (2.45%), Iron: 0.38mg (2.11%), Vitamin B12: 0.1µg (1.6%), Fiber: 0.39g (1.58%), Copper: 0.03mg (1.5%), Vitamin E: 0.2mg (1.32%)