



## STOVE TOP One-Dish Chicken Bake

READY IN



40 min.

SERVINGS



40

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 oz cream of mushroom soup canned
- 0.3 cup knudsen cream sour
- 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

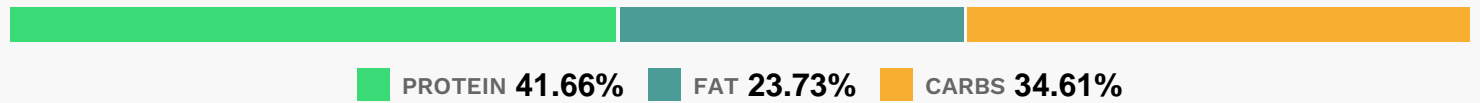
### Equipment

- oven
- baking pan

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.4799999941302%

## Nutrients (% of daily need)

Calories: 43.92kcal (2.2%), Fat: 1.13g (1.73%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.55g (1.29%), Sugar: 0.42g (0.46%), Cholesterol: 12.41mg (4.14%), Sodium: 130.81mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Selenium: 7.56µg (10.79%), Vitamin B3: 2.08mg (10.42%), Vitamin B6: 0.14mg (6.87%), Phosphorus: 45.23mg (4.52%), Vitamin B5: 0.28mg (2.79%), Vitamin B1: 0.04mg (2.54%), Manganese: 0.05mg (2.46%), Vitamin B2: 0.04mg (2.45%), Potassium: 84.72mg (2.42%), Folate: 8.44µg (2.11%), Magnesium: 6.91mg (1.73%), Copper: 0.03mg (1.54%), Iron: 0.28mg (1.53%), Zinc: 0.22mg (1.49%)