



STOVE TOP One-Dish Chicken Skillet

READY IN



30 min.

SERVINGS



30

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted
- 10 oz cream of mushroom soup canned
- 0.3 cup knudsen cream sour
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken
- 1.5 cups water hot

Equipment

- frying pan

Directions

- Mix hot water, butter and stuffing mix.
- Cook chicken in large nonstick skillet sprayed with cooking spray on medium heat 5 min. on each side.
- Mix soup and sour cream until blended; pour over chicken. Top with stuffing; cover. Cook on low heat 10 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3939130403425%

Nutrients (% of daily need)

Calories: 72.17kcal (3.61%), Fat: 3.03g (4.65%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.56g (0.62%), Cholesterol: 16.55mg (5.52%), Sodium: 192.19mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.91%), Selenium: 10.07µg (14.39%), Vitamin B3: 2.78mg (13.9%), Vitamin B6: 0.18mg (9.17%), Phosphorus: 60.74mg (6.07%), Vitamin B5: 0.37mg (3.74%), Vitamin B1: 0.05mg (3.39%), Vitamin B2: 0.06mg (3.31%), Manganese: 0.07mg (3.29%), Potassium: 113.76mg (3.25%), Folate: 11.27µg (2.82%), Magnesium: 9.26mg (2.31%), Iron: 0.37mg (2.04%), Copper: 0.04mg (2.04%), Zinc: 0.3mg (1.99%), Vitamin A: 90.5IU (1.81%), Vitamin B12: 0.07µg (1.15%), Calcium: 10.52mg (1.05%)