



## STOVE TOP Stuffed Chicken Rolls

READY IN



45 min.

SERVINGS



45

CALORIES



42 kcal

### Ingredients

- 10 oz cream of chicken soup canned
- 2 eggs beaten
- 0.5 cup milk
- 1 tsp paprika
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken
- 1 cup water

### Equipment

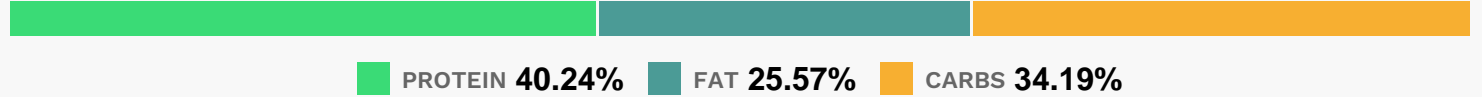
- bowl

- oven
- baking pan
- cutting board

## Directions

- Heat oven to 400F.
- Combine stuffing mix and water in medium bowl.
- Let stand 5 min. Stir in eggs.
- Place chicken, top sides down, on cutting board; spread with stuffing mixture. Starting at one short end, tightly roll up each chicken breast; place, seam side down, in 13x9-inch baking dish sprayed with cooking spray.
- Mix soup and milk; pour over chicken.
- Sprinkle with paprika.
- Bake 25 to 30 min. or until chicken is done (165F).

## Nutrition Facts



## Properties

Glycemic Index:2.13, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.4182608328436%

## Nutrients (% of daily need)

Calories: 42.06kcal (2.1%), Fat: 1.16g (1.79%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.49g (0.54%), Cholesterol: 17.82mg (5.94%), Sodium: 118.98mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Selenium: 7.43µg (10.61%), Vitamin B3: 1.83mg (9.15%), Vitamin B6: 0.13mg (6.25%), Phosphorus: 45.8mg (4.58%), Vitamin B5: 0.28mg (2.84%), Vitamin B2: 0.05mg (2.74%), Vitamin B1: 0.04mg (2.37%), Potassium: 76.26mg (2.18%), Folate: 8.03µg (2.01%), Iron: 0.31mg (1.73%), Magnesium: 6.4mg (1.6%), Manganese: 0.03mg (1.52%), Zinc: 0.18mg (1.2%), Copper: 0.02mg (1.19%), Vitamin A: 56.2IU (1.12%), Vitamin B12: 0.06µg (1.05%)