

Sunday Chicken and Stuffing

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

Ingredients

- 10 ounces cream of chicken soup undiluted canned
- 1 tablespoon parsley dried
- 0.3 cup milk 2%
- 6 chicken breast halves boneless skinless
- 6 ounces bread stuffing mix

Equipment

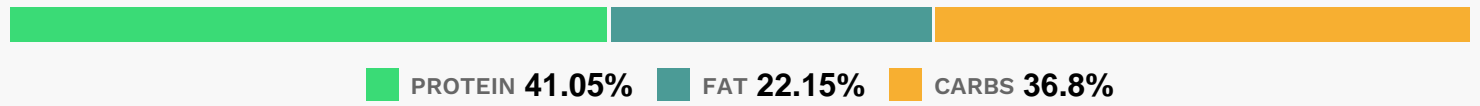
- oven
- baking pan

kitchen thermometer

Directions

- Prepare stuffing according to package directions; spoon down the center of a greased 13-in. x 9-in. baking dish.
- Place chicken around stuffing.
- Combine soup, milk and parsley; pour over chicken.
- Cover and bake at 400° for 20 minutes. Uncover and bake 10–15 minutes longer or until a meat thermometer inserted in the chicken reads 170°.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:1.45, Inflammation Score:-5, Nutrition Score:16.533913125163%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 288.3kcal (14.42%), Fat: 6.89g (10.61%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 24.79g (9.01%), Sugar: 3.29g (3.65%), Cholesterol: 77.43mg (25.81%), Sodium: 868.75mg (37.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.51%), Selenium: 51.04µg (72.91%), Vitamin B3: 13.65mg (68.25%), Vitamin B6: 0.9mg (44.87%), Phosphorus: 305.44mg (30.54%), Vitamin B5: 1.86mg (18.64%), Vitamin B1: 0.25mg (16.88%), Vitamin B2: 0.28mg (16.56%), Potassium: 538.29mg (15.38%), Folate: 54.35µg (13.59%), Manganese: 0.25mg (12.6%), Iron: 2.08mg (11.53%), Magnesium: 45.39mg (11.35%), Copper: 0.16mg (8.09%), Zinc: 1.14mg (7.58%), Vitamin K: 7.03µg (6.7%), Calcium: 59.3mg (5.93%), Vitamin B12: 0.3µg (5.02%), Vitamin E: 0.61mg (4.08%), Fiber: 1g (3.98%), Vitamin A: 140.3IU (2.81%), Vitamin C: 1.85mg (2.24%)