



Super Crunch Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup miracle whip dressing light
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken thighs boneless skinless
- 6 oz stove top stuffing mix for chicken

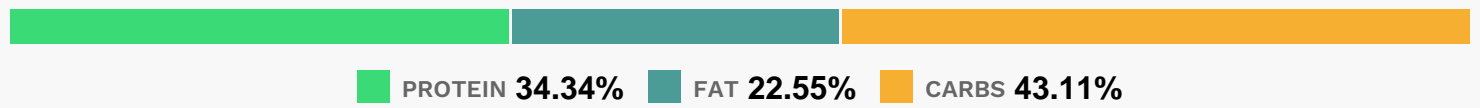
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 375F.
- Spread chicken with dressing.
- Mix stuffing mix and cheese in pie plate.
- Add chicken, 1 piece at a time; turn to evenly coat.
- Place on foil-covered baking sheet. Discard any leftover stuffing mixture.
- Bake 25 to 30 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:16.045217475813%

Nutrients (% of daily need)

Calories: 338.79kcal (16.94%), Fat: 8.29g (12.75%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 33.99g (12.36%), Sugar: 5.16g (5.74%), Cholesterol: 115.03mg (38.34%), Sodium: 933.35mg (40.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.8%), Selenium: 48.23µg (68.9%), Vitamin B3: 8.79mg (43.95%), Phosphorus: 312.44mg (31.24%), Vitamin B6: 0.57mg (28.72%), Vitamin B1: 0.36mg (23.81%), Vitamin B2: 0.39mg (23.18%), Folate: 76.35µg (19.09%), Zinc: 2.39mg (15.93%), Vitamin B5: 1.55mg (15.5%), Iron: 2.57mg (14.3%), Manganese: 0.28mg (13.8%), Vitamin B12: 0.82µg (13.64%), Potassium: 401.74mg (11.48%), Magnesium: 45.28mg (11.32%), Calcium: 107.66mg (10.77%), Copper: 0.17mg (8.36%), Fiber: 1.66g (6.65%), Vitamin K: 3.86µg (3.68%), Vitamin E: 0.4mg (2.65%), Vitamin A: 93.13IU (1.86%)