



Swiss Chicken Casserole I

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.3 cup milk
- ☐ 6 chicken breast halves boneless skinless
- ☐ 8 ounce bread stuffing mix dry
- ☐ 6 slices swiss cheese

Equipment

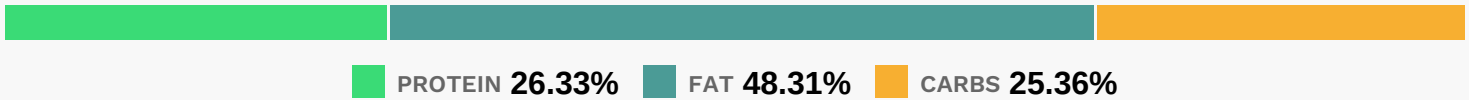
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Arrange chicken breasts in the baking dish.
- ☐ Place one slice of Swiss cheese on top of each chicken breast.
- ☐ Combine cream of chicken soup and milk in a medium bowl, and pour over chicken breasts.
- ☐ Sprinkle with stuffing mix.
- ☐ Pour melted butter over top, and cover with foil.
- ☐ Bake 50 minutes, or until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:1.82, Inflammation Score:-6, Nutrition Score:20.699130307073%

Nutrients (% of daily need)

Calories: 528.98kcal (26.45%), Fat: 28.08g (43.2%), Saturated Fat: 14.83g (92.68%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 31.96g (11.62%), Sugar: 3.9g (4.33%), Cholesterol: 134.46mg (44.82%), Sodium: 1175.67mg (51.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.44g (68.88%), Selenium: 60.77µg (86.81%), Vitamin B3: 14.19mg (70.97%), Vitamin B6: 0.92mg (46.12%), Phosphorus: 418.73mg (41.87%), Calcium: 217.77mg (21.78%), Vitamin B2: 0.36mg (21.24%), Vitamin B1: 0.31mg (20.85%), Vitamin B5: 1.99mg (19.9%), Folate: 71.14µg (17.78%), Potassium: 567.84mg (16.22%), Vitamin A: 757.4IU (15.15%), Vitamin B12: 0.83µg (13.9%), Manganese: 0.28mg (13.86%), Iron: 2.42mg (13.46%), Magnesium: 53.74mg (13.43%), Zinc: 1.96mg (13.04%), Copper: 0.19mg (9.68%), Vitamin E: 1.18mg (7.86%), Fiber: 1.21g (4.84%), Vitamin K: 4.32µg (4.11%), Vitamin C: 1.41mg (1.71%), Vitamin D: 0.22µg (1.5%)