



## Swiss Chicken Casserole II

READY IN



60 min.

SERVINGS



6

CALORIES



620 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter
- 10.8 ounce cream of chicken soup canned
- 0.3 cup milk
- 6 chicken breasts boneless skinless
- 2 cups herb-seasoned stuffing mix
- 6 slices swiss cheese

### Equipment

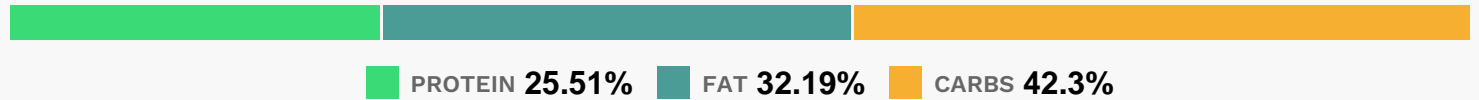
- oven

baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Arrange chicken in a greased 12 x 8 x 2 baking dish. Top with Swiss cheese slices.
- Combine soup and milk and stir well. Spoon mixture over chicken and sprinkle with stuffing mix.
- Drizzle butter or margarine over crumbs.
- Cover and bake at 350 degrees F (175 degrees C) for 50 minutes. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:26.33, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:25.783043353454%

## Nutrients (% of daily need)

Calories: 619.67kcal (30.98%), Fat: 21.8g (33.55%), Saturated Fat: 10.31g (64.46%), Carbohydrates: 64.46g (21.49%), Net Carbohydrates: 61.93g (22.52%), Sugar: 7.29g (8.1%), Cholesterol: 114.54mg (38.18%), Sodium: 1691.8mg (73.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.88g (77.76%), Selenium: 80.38µg (114.83%), Vitamin B3: 16.56mg (82.79%), Vitamin B6: 0.98mg (49.23%), Phosphorus: 474.36mg (47.44%), Vitamin B1: 0.56mg (37.13%), Folate: 139.84µg (34.96%), Vitamin B2: 0.52mg (30.81%), Manganese: 0.52mg (26.06%), Calcium: 255.33mg (25.53%), Iron: 3.99mg (22.14%), Vitamin B5: 2.14mg (21.43%), Potassium: 666.58mg (19.05%), Magnesium: 69.98mg (17.49%), Zinc: 2.33mg (15.53%), Copper: 0.29mg (14.57%), Vitamin B12: 0.83µg (13.77%), Vitamin A: 521.85IU (10.44%), Fiber: 2.52g (10.09%), Vitamin E: 1.12mg (7.43%), Vitamin K: 4.11µg (3.91%), Vitamin C: 1.41mg (1.71%), Vitamin D: 0.22µg (1.5%)