

Chicken and Stuffing Casserole

Easy & Delicious

Ingredients:

- 2 cans of low-sodium chicken (drained)
- 1 can of low-sodium cream of chicken soup
- 1 can of low-sodium mixed vegetables (drained and rinsed)
- ½ cup reduced-fat milk
- One package of low-sodium stuffing mix



Instructions:

1. In a bowl, combine cream of chicken soup, mixed vegetables, and milk.
2. Gently mix the chicken into the vegetable mixture.
3. Prepare the stuffing mix per the directions on the box (this recipe leaves out the butter).
4. Add the stuffing mix to the top of the chicken and vegetables.
5. Optional - if you have an oven or toaster oven, bake at 375 degrees until the top is golden brown.

Tips:

- Add additional vegetables to boost the nutritional value of this meal even more!
- Choose low-sodium options when available.

Nutrition Facts

4 servings per container

Serving size 1 serving

Amount per serving

Calories 317

% Daily Value *

Total Fat 7.1g 9%

Saturated Fat 2.2g 11%

Trans Fat 0g

Cholesterol 9.3mg 3%

Sodium 1196.6mg 52%

Total Carbohydrate 53.6g 19%

Dietary Fiber 5.6g 20%

Total Sugars 5.4g

Includes 0g Added Sugars 0%

Protein 11.1g

Vitamin D 0mcg 0%

Calcium 113.9mg 9%

Iron 3.4mg 19%

Potassium 409.4mg 9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by  Recipe Card Blocks PRO

Fast Facts:

- Rinsing canned vegetables can reduce sodium by approximately 30-40%.
- Most vegetables will work with this recipe!
- You can easily swap canned vegetables for frozen vegetables.

*The nutrition facts provided for this recipe are only estimates. Differing products, brands, seasonings, and/or preparation techniques will alter the nutrition facts.



Nutrition and Healthy Eating

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