



Arti-Cheesy Chicken

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon sliced
- 6 ounce olives black drained canned
- 10.8 ounce cream of mushroom soup canned
- 6 ounce feta cheese crumbled
- 1 pound mushrooms fresh sliced
- 1 tablespoon garlic minced
- 1 pint heavy cream
- 6.5 ounce marinated artichoke hearts drained

- 2 tablespoons parmesan cheese grated
- 6 servings salt and pepper to taste
- 2 chicken breast halves boneless skinless cubed cooked

Equipment

- frying pan

Directions

- Fry bacon in a large skillet over medium heat.
- Remove from skillet, leaving 3 tablespoons of the bacon grease in the skillet. Set bacon aside.
- Add mushrooms to skillet and saute for 3 to 4 minutes over medium-high heat. Reduce heat to low and add the chicken, artichoke hearts, soup, cream, olives, Parmesan cheese, garlic and salt and pepper to taste.
- When this mixture begins to simmer, slowly stir in feta cheese. Crumble the bacon into the skillet and let all simmer, stirring often, for 5 to 10 minutes.

Nutrition Facts

PROTEIN 14.54% **FAT 78.34%** **CARBS 7.12%**

Properties

Glycemic Index:14.83, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:20.643478362457%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 675.33kcal (33.77%), Fat: 59.59g (91.68%), Saturated Fat: 28.94g (180.86%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 9.77g (3.55%), Sugar: 4.27g (4.75%), Cholesterol: 167.39mg (55.8%), Sodium: 1784.45mg (77.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.76%), Selenium: 34.33µg (49.04%), Vitamin B2: 0.8mg (47.02%), Vitamin B3: 9.04mg (45.22%), Phosphorus: 368.29mg (36.83%), Vitamin A: 1737.27IU (34.75%), Vitamin B6: 0.66mg (32.8%), Vitamin B5: 2.47mg (24.7%), Calcium: 238.04mg (23.8%), Copper: 0.42mg (21.23%), Zinc: 2.72mg (18.14%), Potassium: 631.47mg (18.04%), Vitamin B1: 0.27mg (17.89%), Vitamin B12:

1µg (16.73%), Vitamin E: 2.11mg (14.05%), Manganese: 0.23mg (11.53%), Vitamin D: 1.72µg (11.49%), Vitamin C: 9.38mg (11.37%), Magnesium: 39.64mg (9.91%), Fiber: 2.44g (9.74%), Iron: 1.68mg (9.35%), Folate: 31.13µg (7.78%), Vitamin K: 3.56µg (3.39%)