



Arti-Cheesy Chicken

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



692 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 pound mushrooms fresh sliced
- 1 tablespoon garlic minced
- 1 pint cup heavy whipping cream

- 6.5 ounce marinated artichoke 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 15.42% **FAT 76.28%** **CARBS 8.3%**

Properties

Glycemic Index:20.17, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:25.185217681138%

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: 691.96kcal (34.6%), Fat: 59.85g (92.08%), Saturated Fat: 28.98g (181.1%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 11.47g (4.17%), Sugar: 5.77g (6.41%), Cholesterol: 167.39mg (55.8%), Sodium: 1788.23mg (77.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.22g (54.44%), Vitamin B2: 1.1mg (64.9%), Selenium: 41.36µg (59.08%), Vitamin B3: 11.77mg (58.87%), Phosphorus: 433.31mg (43.33%), Vitamin B6: 0.73mg (36.74%), Vitamin B5: 3.6mg (36.02%), Vitamin A: 1737.27IU (34.75%), Copper: 0.67mg (33.25%), Potassium: 871.87mg

(24.91%), Calcium: 240.3mg (24.03%), Vitamin B1: 0.33mg (21.97%), Zinc: 3.11mg (20.76%), Vitamin B12: 1.03µg (17.23%), Vitamin E: 2.12mg (14.1%), Manganese: 0.27mg (13.31%), Vitamin C: 10.97mg (13.29%), Fiber: 3.19g (12.77%), Vitamin D: 1.87µg (12.5%), Magnesium: 46.44mg (11.61%), Iron: 2.06mg (11.45%), Folate: 43.98µg (11%), Vitamin K: 3.56µg (3.39%)