



Barengate Bay Chicken

 **Gluten Free**

READY IN



55 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 mushrooms fresh
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- 14.5 ounce chicken broth canned
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 4 cloves garlic chopped
- 2 optional: lemon seeded quartered
- 10.8 ounce milk canned
- 0.3 cup olive oil

6 chicken breast halves boneless skinless

Equipment

sauce pan

oven

baking pan

Directions

In a small saucepan heat soup with milk over low heat; when heated through, set aside. Meanwhile, roll chicken in bread crumbs, pressing hard to make sure chicken is well coated.

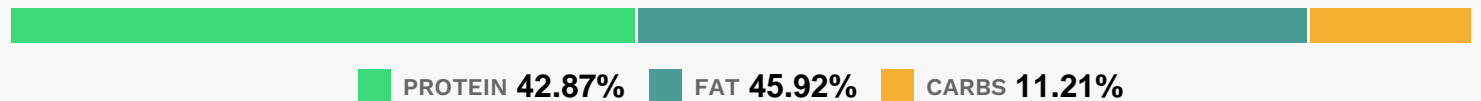
Preheat oven to 350 degrees F (175 degrees C).

Place coated chicken in a lightly greased 9x13 inch baking dish and drizzle with oil, then sprinkle with chopped garlic. Stir chicken broth into soup mixture, and pour mixture all over chicken.

Sprinkle with mushrooms, then squeeze lemon over all.

Bake at 350 degrees F (175 degrees C) for 40 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.98, Inflammation Score:-6, Nutrition Score:22.920434495677%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 424.39kcal (21.22%), Fat: 21.62g (33.26%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.13g (3.68%), Sugar: 4.84g (5.38%), Cholesterol: 118.26mg (39.42%), Sodium: 745.94mg (32.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.42g (90.84%), Selenium: 54.79µg (78.28%), Vitamin B3: 15.11mg (75.56%), Vitamin B6: 1.11mg (55.39%), Phosphorus: 451.88mg (45.19%), Vitamin B5: 2.95mg (29.46%), Vitamin C: 22mg (26.67%), Vitamin B2: 0.44mg (25.98%), Potassium: 833.88mg (23.83%), Vitamin B12: 1.22µg (20.36%), Zinc: 2.89mg (19.27%), Vitamin E: 2.52mg (16.81%), Vitamin K: 16.14µg (15.37%), Magnesium: 58.01mg (14.5%), Copper: 0.27mg (13.46%), Iron: 2.06mg (11.46%), Vitamin B1: 0.16mg (10.88%), Calcium: 108.24mg (10.82%), Manganese: 0.18mg (9.18%), Vitamin A: 388.79IU (7.78%), Fiber: 1.75g (7.02%), Vitamin D: 0.82µg (5.47%), Folate: 17.73µg (4.43%)