

Barengate Bay Chicken

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 button mushrooms fresh
- 14.5 ounce chicken broth canned
- 10.8 ounce condensed cream of broccoli soup canned
- 4 cloves garlic chopped
- 2 lemons 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:20.92, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:21.7186955991%

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: 419.99kcal (21%), Fat: 21.55g (33.16%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 9.67g (3.52%), Sugar: 4.44g (4.94%), Cholesterol: 118.26mg (39.42%), Sodium: 744.94mg (32.39%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.8g (89.6%), Selenium: 52.93µg (75.62%), Vitamin B3: 14.39mg (71.95%), Vitamin B6: 1.09mg (54.35%), Phosphorus: 434.68mg (43.47%), Vitamin B5: 2.65mg (26.47%), Vitamin C: 21.58mg (26.16%), Potassium: 770.28mg (22.01%), Vitamin B2: 0.36mg (21.25%), Vitamin B12: 1.21µg (20.23%), Zinc: 2.79mg (18.57%), Vitamin E: 2.52mg (16.79%), Vitamin K: 16.14µg (15.37%), Magnesium: 56.21mg (14.05%), Iron: 1.96mg (10.91%), Calcium: 107.64mg (10.76%), Copper: 0.21mg (10.28%), Vitamin B1: 0.15mg (9.8%), Manganese: 0.17mg (8.71%), Vitamin A: 388.79IU (7.78%), Fiber: 1.55g (6.22%), Vitamin D: 0.78µg (5.2%), Folate: 14.33µg (3.58%)