



## Betsy's Poppy Seed Chicken

READY IN



65 min.

SERVINGS



4

CALORIES



973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter melted
- 8 ounce buttery round crackers crushed
- 10.5 ounce cream of chicken soup canned
- 10.5 ounce cream of mushroom soup canned
- 1 tablespoon poppy seeds
- 4 chicken breast halves boneless skinless
- 1 cup heavy whipping cream sour
- 4 servings vegetable oil

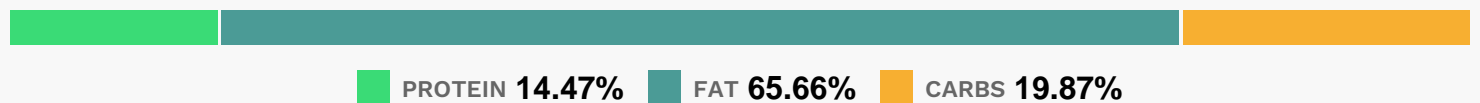
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- microwave

## Directions

- Heat oil in a skillet over medium-high heat. Reduce heat, and cook chicken, turning once, until no longer pink in center and juices run clear. Set aside to cool.
- Preheat oven to 350 degrees F (175 degrees Celsius).
- Cut chicken into bite size pieces, and place in a bowl with the cream of chicken and mushroom soups, and the sour cream. Stir until well blended, then transfer mixture to a 9x13 inch shallow baking dish. In a separate bowl, combine the crushed crackers with the poppy seeds. Melt butter in the microwave for 30 seconds, or in a small saucepan over low heat. Stir butter into the cracker mixture, and spread evenly over the chicken.
- Bake chicken in the preheated oven for 30 minutes, or until heated through and lightly browned on top.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:26.697825856831%

## Nutrients (% of daily need)

Calories: 973.02kcal (48.65%), Fat: 71.27g (109.64%), Saturated Fat: 28.52g (178.22%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 46.63g (16.96%), Sugar: 7.06g (7.85%), Cholesterol: 176.93mg (58.98%), Sodium: 1882.06mg (81.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.67%), Vitamin B3: 15.6mg (78%), Selenium: 42.9µg (61.28%), Vitamin K: 60.22µg (57.35%), Phosphorus: 506.82mg (50.68%), Vitamin B6: 0.94mg (47.01%), Manganese: 0.75mg (37.71%), Vitamin E: 4.66mg (31.05%), Vitamin B2: 0.45mg (26.51%), Vitamin

B1: 0.38mg (25.31%), Iron: 4.53mg (25.17%), Vitamin A: 1236.66IU (24.73%), Vitamin B5: 2.34mg (23.36%), Calcium: 203.6mg (20.36%), Potassium: 710.66mg (20.3%), Copper: 0.39mg (19.59%), Zinc: 2.43mg (16.19%), Magnesium: 62.46mg (15.62%), Folate: 58.19µg (14.55%), Vitamin B12: 0.51µg (8.57%), Fiber: 1.89g (7.57%), Vitamin C: 1.97mg (2.39%)