



## Buttermilk Baked Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups baby portobello mushrooms sliced
- 0.3 cup butter
- 1.5 cups buttermilk divided
- 2.5 pounds chicken breasts bone-in
- 10.8 oz campbell's cream of mushroom soup canned
- 0.8 cup flour all-purpose
- 1.5 teaspoons thyme leaves fresh chopped
- 0.5 teaspoon pepper freshly ground

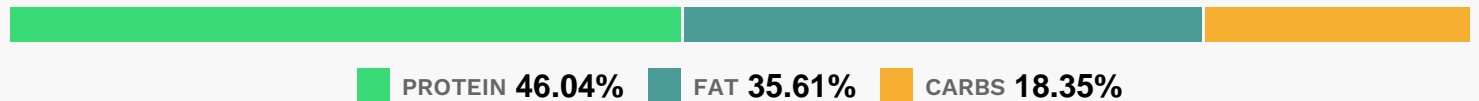
## Equipment

- oven
- whisk
- baking pan
- kitchen thermometer
- aluminum foil

## Directions

- Preheat oven to 42
- Melt butter in oven in a lightly greased 13- x 9-inch baking dish (about 3 minutes).
- Meanwhile, dip chicken in 1/2 cup buttermilk; sprinkle with pepper, and dredge in flour.
- Remove baking dish from oven.
- Add mushrooms and thyme. Arrange chicken, breast sides down, in baking dish.
- Bake at 425 for 25 minutes. Turn chicken, and bake 10 minutes.
- Stir together soup and remaining 1 cup buttermilk.
- Pour over chicken, and bake 10 minutes or until a meat thermometer inserted into thickest portion registers 165, shielding chicken with aluminum foil to prevent excessive browning, if necessary.
- Transfer chicken to a serving platter.
- Whisk soup mixture in baking dish until blended, and drizzle over chicken.

## Nutrition Facts



## Properties

Glycemic Index:38.83, Glycemic Load:9.58, Inflammation Score:-7, Nutrition Score:24.518695758737%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

## Nutrients (% of daily need)

Calories: 413.98kcal (20.7%), Fat: 16.01g (24.64%), Saturated Fat: 7.72g (48.28%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 17.64g (6.42%), Sugar: 3.51g (3.9%), Cholesterol: 150.43mg (50.14%), Sodium: 705.5mg (30.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.58g (93.16%), Vitamin B3: 22.13mg (110.64%), Selenium: 72.1µg (103%), Vitamin B6: 1.5mg (74.94%), Phosphorus: 505.78mg (50.58%), Vitamin B5: 3.35mg (33.46%), Potassium: 946.8mg (27.05%), Vitamin B2: 0.43mg (25.51%), Vitamin B1: 0.3mg (19.7%), Manganese: 0.33mg (16.72%), Magnesium: 63.41mg (15.85%), Zinc: 2.13mg (14.17%), Copper: 0.26mg (12.83%), Vitamin B12: 0.76µg (12.7%), Folate: 49.27µg (12.32%), Iron: 1.97mg (10.94%), Calcium: 88.5mg (8.85%), Vitamin A: 416.73IU (8.33%), Vitamin D: 1.03µg (6.89%), Vitamin E: 0.64mg (4.24%), Vitamin C: 3.07mg (3.72%), Fiber: 0.92g (3.66%), Vitamin K: 1.54µg (1.47%)