



Campbell's Baked Chicken and Broccoli

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound broccoli cooked trimmed drained cut into 1-inch pieces, and
- 26 ounce campbell's® condensed cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- 8 cups rice hot cooked
- 0.3 teaspoon ground pepper black
- 0.7 cup milk
- 8 chicken breasts boneless skinless

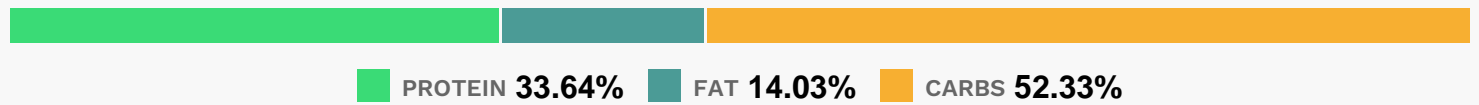
Equipment

- oven
- baking pan

Directions

- Place broccoli and chicken in 3-qt. shallow baking dish.
- Mix soup, milk and pepper and pour over all.
- Bake at 400 degrees F. for 30 min. or until done. Stir sauce before serving.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:48.93, Inflammation Score:-7, Nutrition Score:26.436521706374%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 422.06kcal (21.1%), Fat: 6.44g (9.91%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 51.75g (18.82%), Sugar: 2.02g (2.25%), Cholesterol: 79.37mg (26.46%), Sodium: 812.35mg (35.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.75g (69.5%), Selenium: 49.82µg (71.17%), Vitamin B3: 13.63mg (68.16%), Vitamin C: 51.93mg (62.95%), Manganese: 1.17mg (58.35%), Vitamin B6: 1.14mg (57.1%), Vitamin K: 58.22µg (55.45%), Phosphorus: 390.02mg (39%), Vitamin B5: 2.8mg (28.03%), Potassium: 799.99mg (22.86%), Zinc: 2.76mg (18.4%), Copper: 0.35mg (17.63%), Magnesium: 69.24mg (17.31%), Vitamin B2: 0.28mg (16.67%), Folate: 51.44µg (12.86%), Vitamin B1: 0.17mg (11.6%), Iron: 1.8mg (9.99%), Fiber: 2.31g (9.23%), Vitamin A: 420.42IU (8.41%), Vitamin B12: 0.48µg (8.05%), Calcium: 77.07mg (7.71%), Vitamin E: 0.73mg (4.87%), Vitamin D: 0.34µg (2.24%)