



Campbell's Kitchen Honey-Mustard Chicken

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned
- 4 cups rice hot cooked
- 2 tablespoons honey
- 0.3 cup mayonnaise
- 4 servings pecans toasted chopped
- 4 chicken breasts boneless skinless
- 1 tablespoon spicy brown mustard

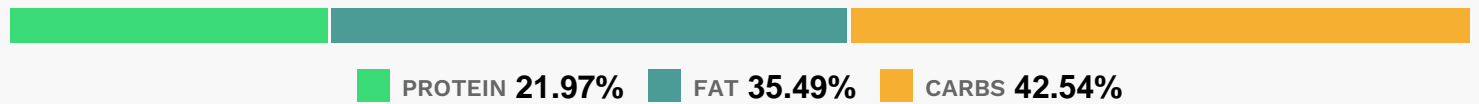
Equipment

frying pan

Directions

- Heat butter in skillet.
- Add chicken and cook until browned.
- Add soup, mayonnaise, honey and mustard.
- Heat to a boil. Cover and cook over low heat 5 min. or until done.
- Sprinkle with pecans.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:74.07, Glycemic Load:54.74, Inflammation Score:-4, Nutrition Score:18.646086944186%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 564.27kcal (28.21%), Fat: 21.9g (33.69%), Saturated Fat: 4.35g (27.18%), Carbohydrates: 59.06g (19.69%), Net Carbohydrates: 58.15g (21.15%), Sugar: 9.28g (10.32%), Cholesterol: 84.3mg (28.1%), Sodium: 831.08mg (36.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.5g (61%), Selenium: 51.18µg (73.11%), Vitamin B3: 12.76mg (63.81%), Vitamin B6: 1mg (50.1%), Manganese: 0.88mg (44.23%), Phosphorus: 339.84mg (33.98%), Vitamin K: 26.26µg (25.01%), Vitamin B5: 2.43mg (24.27%), Potassium: 530.19mg (15.15%), Magnesium: 54.85mg (13.71%), Copper: 0.26mg (12.91%), Zinc: 1.76mg (11.76%), Vitamin B2: 0.18mg (10.61%), Iron: 1.7mg (9.45%), Vitamin B1: 0.13mg (8.62%), Vitamin E: 1.28mg (8.56%), Vitamin A: 310.08IU (6.2%), Vitamin B12: 0.25µg (4.11%), Calcium: 37.98mg (3.8%), Fiber: 0.91g (3.64%), Folate: 12.21µg (3.05%), Vitamin C: 1.52mg (1.84%)