



Campbell's Kitchen Savory Chicken Stew

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli
- 2 medium carrots sliced
- 10.8 ounce cream of chicken soup canned
- 0.1 teaspoon pepper black
- 0.5 cup milk
- 4 small potatoes - remove skin red cut into quarters
- 1 pound chicken breast boneless skinless cut into 1" pieces
- 1 tablespoon vegetable oil

Equipment

frying pan

Directions

Heat oil in skillet.

Add chicken and cook until browned, stirring often.

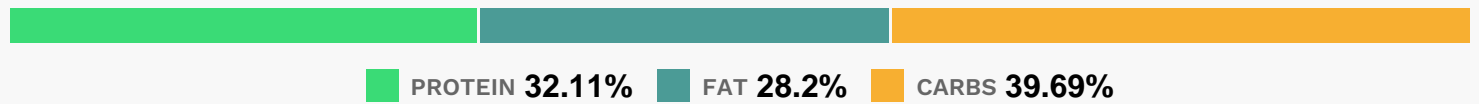
Remove chicken.

Add soup, milk, pepper, potatoes, carrots and broccoli.

Heat to a boil. Cover and cook over low heat 15 minutes, stirring occasionally. Return chicken to pan. Cover.

Cook 5 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:47.96, Glycemic Load:4.15, Inflammation Score:-10, Nutrition Score:28.940434611362%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 385.34kcal (19.27%), Fat: 12.1g (18.62%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 34g (12.36%), Sugar: 5.89g (6.55%), Cholesterol: 82.33mg (27.44%), Sodium: 736.9mg (32.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Vitamin A: 5466.73IU (109.33%), Vitamin B3: 14.55mg (72.76%), Vitamin B6: 1.24mg (61.89%), Selenium: 39.75µg (56.78%), Vitamin C: 37.48mg (45.43%), Phosphorus: 421.55mg (42.16%), Potassium: 1444.11mg (41.26%), Vitamin K: 41.19µg (39.23%), Vitamin B5: 2.56mg (25.6%), Magnesium: 81.98mg (20.49%), Manganese: 0.41mg (20.38%), Copper: 0.38mg (19.08%), Vitamin B1: 0.27mg (18.21%), Fiber: 4.33g (17.33%), Vitamin B2: 0.29mg (16.87%), Iron: 2.73mg (15.15%), Folate: 56.33µg (14.08%), Zinc: 1.73mg (11.53%), Calcium: 91.53mg (9.15%), Vitamin E: 1.31mg (8.74%), Vitamin B12: 0.39µg (6.52%), Vitamin D: 0.45µg (2.99%)