



## Campbell's® Lemon Broccoli Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounces campbell's® condensed cream of broccoli soup canned
- 1 teaspoon ground pepper black
- 1 optional: lemon
- 0.3 cup milk
- 1 pound chicken breast halves boneless skinless
- 2 tablespoon vegetable oil

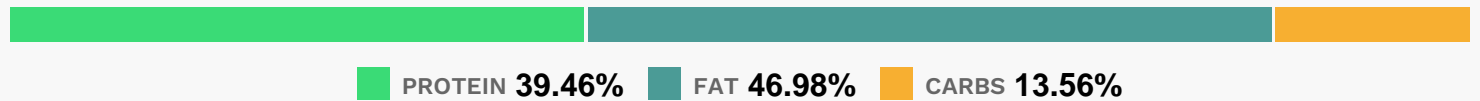
### Equipment

- frying pan

## Directions

- CUT 4 thin slices of lemon. Squeeze 2 tsp. juice from remaining lemon. HEAT oil in skillet.
- Add chicken and cook until browned. ADD soup, milk, lemon juice and pepper. Top chicken with lemon slices.
- Heat to a boil. Cover and cook over low heat 5 min. or until done.
- Serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:23.88, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:16.016956635143%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 262.48kcal (13.12%), Fat: 13.72g (21.11%), Saturated Fat: 2.83g (17.72%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.56g (2.75%), Sugar: 2.44g (2.71%), Cholesterol: 82.79mg (27.6%), Sodium: 531.11mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.86%), Vitamin B3: 12.08mg (60.39%), Selenium: 38.08µg (54.4%), Vitamin B6: 0.89mg (44.47%), Phosphorus: 281.51mg (28.15%), Vitamin K: 26.7µg (25.43%), Vitamin B5: 2.43mg (24.32%), Vitamin C: 15.82mg (19.18%), Potassium: 561.02mg (16.03%), Vitamin E: 1.88mg (12.56%), Manganese: 0.24mg (12.09%), Vitamin B2: 0.17mg (10.03%), Magnesium: 38.14mg (9.53%), Vitamin B1: 0.11mg (7.33%), Copper: 0.13mg (6.68%), Calcium: 58.04mg (5.8%), Vitamin B12: 0.34µg (5.66%), Vitamin A: 282.25IU (5.65%), Iron: 1.01mg (5.62%), Zinc: 0.83mg (5.56%), Fiber: 1.34g (5.36%), Folate: 9.11µg (2.28%), Vitamin D: 0.28µg (1.87%)