



Campbell's® Skillet Chicken and Broccoli

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli fresh
- 1 tablespoon butter
- 10.8 ounce condensed cream of cheddar cheese soup fat free 98% canned
- 0.1 teaspoon pepper black
- 4 chicken breast boneless skinless
- 0.3 cup water

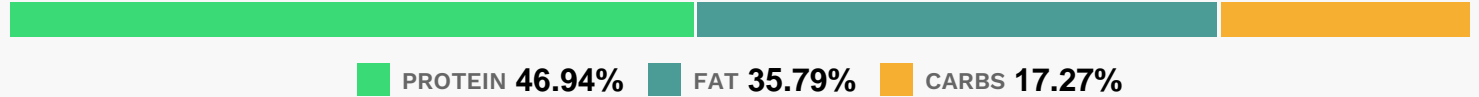
Equipment

- frying pan

Directions

- Heat butter in skillet.
- Add chicken and cook until browned.
- Add soup, water, pepper and broccoli.
- Heat to a boil. Cover and cook over low heat 5 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:17.927826010663%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 230.82kcal (11.54%), Fat: 8.98g (13.81%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 7.98g (2.9%), Sugar: 1.98g (2.19%), Cholesterol: 75.37mg (25.12%), Sodium: 578.84mg (25.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (52.99%), Vitamin B3: 12.07mg (60.34%), Selenium: 37.26µg (53.23%), Vitamin C: 40.61mg (49.23%), Vitamin B6: 0.92mg (46.19%), Vitamin K: 45.21µg (43.06%), Phosphorus: 267.24mg (26.72%), Potassium: 903.82mg (25.82%), Vitamin B5: 1.87mg (18.66%), Vitamin A: 740.6IU (14.81%), Vitamin B2: 0.17mg (9.76%), Magnesium: 39.03mg (9.76%), Folate: 32.29µg (8.07%), Fiber: 1.77g (7.08%), Vitamin B1: 0.1mg (6.93%), Manganese: 0.12mg (5.87%), Zinc: 0.84mg (5.59%), Calcium: 52.63mg (5.26%), Vitamin E: 0.67mg (4.45%), Iron: 0.75mg (4.14%), Vitamin B12: 0.23µg (3.82%), Copper: 0.06mg (2.8%)