



## CATALINA-Cranberry Chicken

 Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



1

CALORIES



3623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz classic catalina dressing kraft
- 4 lb chicken breasts bone-in
- 2 oz env. onion soup mix
- 16 oz berry cranberry sauce whole canned

### Equipment

- oven

## Directions

- Heat oven to 350F.
- Place chicken in 2 (13x9-inch) baking dishes.
- Mix remaining ingredients; pour over chicken.
- Bake 50 min. or until chicken is done (165F).

## Nutrition Facts

**PROTEIN 44.83%** **FAT 22.5%** **CARBS 32.67%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:59.222608939461%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 12.25mg, Myricetin: 12.25mg, Myricetin: 12.25mg, Myricetin: 12.25mg Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg

## Nutrients (% of daily need)

Calories: 3622.5kcal (181.13%), Fat: 87.78g (135.05%), Saturated Fat: 16.95g (105.92%), Carbohydrates: 286.82g (95.61%), Net Carbohydrates: 278.09g (101.12%), Sugar: 206.98g (229.98%), Cholesterol: 1161.2mg (387.07%), Sodium: 9481.78mg (412.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 393.51g (787.03%), Vitamin B3: 190.53mg (952.63%), Selenium: 585.25µg (836.07%), Vitamin B6: 13.98mg (699.16%), Phosphorus: 3947.95mg (394.8%), Vitamin B5: 26.34mg (263.39%), Potassium: 7248.97mg (207.11%), Magnesium: 514.83mg (128.71%), Vitamin B2: 2.07mg (121.47%), Vitamin B1: 1.39mg (92.5%), Zinc: 11.29mg (75.3%), Vitamin B12: 3.63µg (60.48%), Vitamin E: 7.74mg (51.6%), Iron: 9.28mg (51.56%), Manganese: 0.92mg (46.07%), Copper: 0.81mg (40.4%), Fiber: 8.73g (34.93%), Vitamin C: 28.24mg (34.23%), Folate: 77.11µg (19.28%), Calcium: 185.41mg (18.54%), Vitamin A: 743.32IU (14.87%), Vitamin D: 1.81µg (12.1%), Vitamin K: 10.77µg (10.26%)