

Cheesy Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cream of celery soup canned
- 1 cup croutons
- 8 ounces cheddar cheese shredded
- 6 chicken breast halves boneless skinless

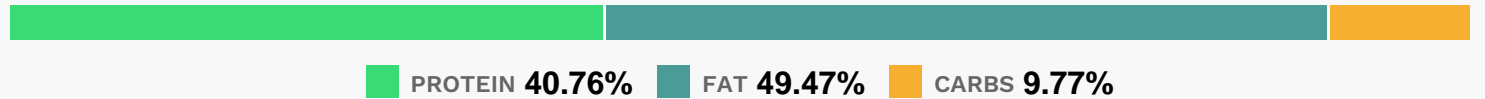
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken breasts in a 9x13 inch baking dish.
- Spread soup over chicken, sprinkle cheese over soup and top with croutons.
- Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes or until chicken is cooked through and no longer pink inside.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:2.71, Inflammation Score:-5, Nutrition Score:17.651304172433%

Nutrients (% of daily need)

Calories: 339.96kcal (17%), Fat: 18.37g (28.27%), Saturated Fat: 8.54g (53.39%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.61g (2.77%), Sugar: 0.81g (0.9%), Cholesterol: 115.71mg (38.57%), Sodium: 675.28mg (29.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.06g (68.13%), Selenium: 49.65µg (70.92%), Vitamin B3: 12.21mg (61.06%), Vitamin B6: 0.88mg (43.94%), Phosphorus: 431.41mg (43.14%), Calcium: 292.95mg (29.29%), Vitamin B5: 2.26mg (22.55%), Vitamin B2: 0.31mg (18.42%), Potassium: 503.18mg (14.38%), Zinc: 2.15mg (14.32%), Vitamin A: 555.89IU (11.12%), Magnesium: 43.68mg (10.92%), Vitamin B12: 0.65µg (10.78%), Vitamin K: 9.87µg (9.4%), Vitamin B1: 0.13mg (8.41%), Vitamin E: 1.2mg (8.03%), Manganese: 0.15mg (7.37%), Copper: 0.11mg (5.43%), Iron: 0.94mg (5.2%), Folate: 20.07µg (5.02%), Vitamin D: 0.34µg (2.27%), Fiber: 0.56g (2.24%), Vitamin C: 1.46mg (1.77%)