

Chicken Ala Gaynor

READY IN

ready

75 min.

SERVINGS

servings

6

CALORIES

calories

418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounce mushrooms sliced canned
- ☐ 2 pounds chicken wings
- ☐ 10 ounce cream of chicken soup canned
- ☐ 6 servings rice cooked for serving
- ☐ 6 servings lawry's seasoned salt
- ☐ 2 ounces cooking sherry
- ☐ 8 ounces cup heavy whipping cream sour
- ☐ 2 ounces milk whole

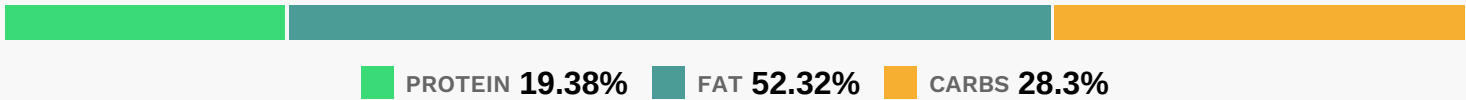
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 425 degree F.
- ☐ Wash chicken with cold water and pat dry with paper towels. Lightly season with seasoned salt.
- ☐ Bake in the oven skin side up until brown and crispy on top, approximately 45 minutes.
- ☐ While chicken bakes, pour chicken soup and sour cream into a saucepan slowly adding milk, sherry and mushrooms (in that order) until smooth. Put aside.
- ☐ When chicken is brown pour soup mixture over chicken and return chicken to the oven for 20 minutes.
- ☐ Serve over rice or pasta with colorful veggies such as spiced carrots and green beans almandine.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:25.57, Inflammation Score:-4, Nutrition Score:10.285652233207%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 418.29kcal (20.91%), Fat: 23.66g (36.4%), Saturated Fat: 8.52g (53.25%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 28.14g (10.23%), Sugar: 2.46g (2.73%), Cholesterol: 90.08mg (30.03%), Sodium: 661.9mg (28.78%), Alcohol: 0.97g (100%), Alcohol %: 0.44% (100%), Protein: 19.72g (39.44%), Selenium: 21.65µg (30.92%),

Vitamin B3: 5.62mg (28.1%), Manganese: 0.45mg (22.4%), Phosphorus: 205.72mg (20.57%), Vitamin B6: 0.39mg (19.69%), Vitamin B5: 1.31mg (13.06%), Zinc: 1.89mg (12.58%), Vitamin B2: 0.18mg (10.87%), Copper: 0.19mg (9.46%), Vitamin A: 456.81IU (9.14%), Iron: 1.6mg (8.89%), Magnesium: 34.06mg (8.51%), Calcium: 76.64mg (7.66%), Potassium: 264.63mg (7.56%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.09mg (5.77%), Vitamin E: 0.68mg (4.54%), Folate: 10.64µg (2.66%), Fiber: 0.66g (2.62%), Vitamin K: 2.57µg (2.45%), Vitamin D: 0.21µg (1.43%), Vitamin C: 0.96mg (1.16%)