



Chicken and Asparagus in Cream Soup

READY IN



65 min.

SERVINGS



5

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 spears asparagus fresh or as needed trimmed
- ☐ 21.5 ounce cream of asparagus soup canned
- ☐ 5 servings seasoned bread crumbs italian
- ☐ 1.5 cups milk
- ☐ 5 chicken breast halves boneless skinless

Equipment

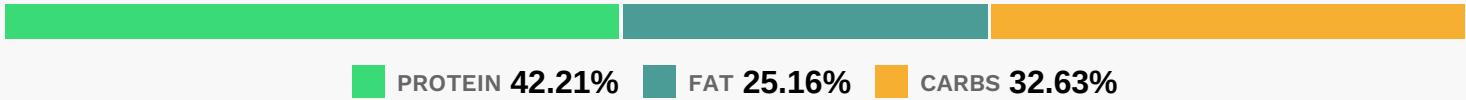
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Place the chicken breasts into the prepared baking dish.
- ☐ Bake in the preheated oven until the chicken is cooked through and no longer pink in the center, about 30 minutes.
- ☐ While the chicken is baking, bring a saucepan of lightly salted water to a boil, and simmer the asparagus spears until bright green, about 5 minutes.
- ☐ Remove the asparagus and set aside.
- ☐ Mix together the soup and milk in a bowl until well blended.
- ☐ Remove the chicken from the baking dish and set aside. Line the bottom of the dish with asparagus spears, arrange the chicken on top, and pour the soup mixture over the chicken.
- ☐ Sprinkle the top with bread crumbs.
- ☐ Return to oven and bake until the casserole is hot and bubbling, an additional 25 minutes.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:22.896521837815%

Flavonoids

Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 295.76kcal (14.79%), Fat: 8.19g (12.59%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 21.57g (7.84%), Sugar: 7.36g (8.18%), Cholesterol: 87.3mg (29.1%), Sodium: 1031.29mg (44.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.91g (61.81%), Vitamin B3: 13.63mg (68.14%), Selenium: 43.81µg (62.58%), Vitamin B6: 1mg (50.15%), Phosphorus: 407.32mg (40.73%), Vitamin K: 33.01µg (31.44%), Vitamin B5: 2.97mg (29.74%), Manganese: 0.59mg (29.26%), Potassium: 813.15mg (23.23%), Vitamin B2: 0.38mg (22.42%),

Vitamin B1: 0.34mg (22.34%), Copper: 0.42mg (21.02%), Iron: 2.74mg (15.24%), Calcium: 148.75mg (14.88%),
Vitamin A: 738.52IU (14.77%), Zinc: 2.05mg (13.69%), Magnesium: 52.94mg (13.24%), Folate: 52.14µg (13.03%),
Vitamin B12: 0.7µg (11.75%), Fiber: 2.32g (9.29%), Vitamin E: 1.09mg (7.24%), Vitamin C: 5.21mg (6.32%), Vitamin D:
0.92µg (6.12%)