



## Chicken Crunch

READY IN



45 min.

SERVINGS



4

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 40 round buttery crackers
- 10.8 ounce cream of chicken soup canned
- 2 chicken breast strips/pre-cooked/chopped cooked
- 8 ounce cream sour

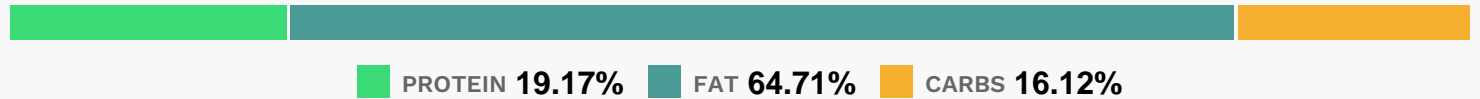
### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Chop chicken into small pieces and place in a 9 x 13 inch baking dish.
- Mix soup and sour cream and pour over chicken. Dot with butter or margarine. Crumble crackers finely and put on top of chicken mixture.
- Bake at 350 degrees F (175 degrees C) for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:16.59826071366%

## Nutrients (% of daily need)

Calories: 673.78kcal (33.69%), Fat: 48.44g (74.52%), Saturated Fat: 24.11g (150.67%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 26.46g (9.62%), Sugar: 4.8g (5.34%), Cholesterol: 173.65mg (57.88%), Sodium: 1063.12mg (46.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.28g (64.57%), Vitamin B3: 13.62mg (68.1%), Selenium: 28.95µg (41.35%), Phosphorus: 351.5mg (35.15%), Vitamin B6: 0.56mg (27.9%), Vitamin A: 1219.05IU (24.38%), Vitamin K: 21.22µg (20.21%), Vitamin B2: 0.32mg (18.68%), Iron: 3.09mg (17.16%), Vitamin E: 2.56mg (17.1%), Vitamin B1: 0.22mg (14.36%), Calcium: 133.84mg (13.38%), Vitamin B5: 1.31mg (13.09%), Manganese: 0.23mg (11.73%), Potassium: 370.88mg (10.6%), Magnesium: 39.92mg (9.98%), Zinc: 1.48mg (9.84%), Copper: 0.19mg (9.35%), Folate: 30.82µg (7.7%), Vitamin B12: 0.46µg (7.66%), Fiber: 0.69g (2.76%)