



Chicken Eugene

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 8 ounce beef dried
- 10.8 ounce cream of mushroom soup canned
- 8 chicken breasts boneless skinless
- 8 ounces cup heavy whipping cream sour

Equipment

- oven
- glass baking pan

Directions

- Preheat oven to 275 degrees F (135 degrees C).
- Line a 9x13 inch glass baking dish with dried beef. Wrap the chicken breasts with the bacon strips and place the wrapped chicken breasts onto the beef.
- Mix together the sour cream and cream of mushroom soup and pour evenly over the chicken.
- Bake uncovered in the preheated oven for 3 hours and enjoy, enjoy!

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:16.193478374378%

Nutrients (% of daily need)

Calories: 371.94kcal (18.6%), Fat: 23.74g (36.53%), Saturated Fat: 9.06g (56.63%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.97g (1.07%), Cholesterol: 125.6mg (41.87%), Sodium: 574.59mg (24.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.08g (68.16%), Vitamin B3: 14.24mg (71.19%), Selenium: 45.88µg (65.55%), Vitamin B6: 1.02mg (51.17%), Phosphorus: 346.37mg (34.64%), Vitamin B5: 2.04mg (20.42%), Potassium: 621.64mg (17.76%), Vitamin B12: 1.06µg (17.72%), Zinc: 2.61mg (17.42%), Vitamin B2: 0.24mg (14.31%), Magnesium: 42.34mg (10.59%), Vitamin B1: 0.16mg (10.57%), Iron: 1.34mg (7.47%), Manganese: 0.14mg (6.98%), Copper: 0.14mg (6.92%), Vitamin A: 218.66IU (4.37%), Calcium: 42.01mg (4.2%), Vitamin E: 0.53mg (3.56%), Folate: 10.87µg (2.72%), Vitamin C: 1.61mg (1.95%), Vitamin D: 0.23µg (1.53%), Vitamin K: 1.16µg (1.11%)