



Chicken Gloria Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 chicken breast boneless skinless trimmed cut in half lengthwise
- ☐ 1 serving salt
- ☐ 1 serving bell pepper
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons butter
- ☐ 8 oz mushrooms fresh sliced
- ☐ 0.5 cup cooking sherry
- ☐ 18 oz cream of mushroom soup canned

- ☐ 6 slices muenster cheese
- ☐ 3 tablespoons parsley fresh chopped

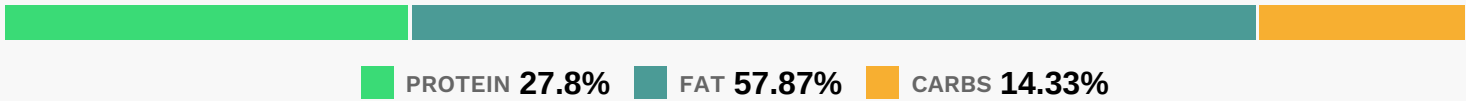
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ Sprinkle both sides of the chicken with salt and pepper. Spoon flour onto shallow dish or pie plate. Coat both sides of chicken with flour; shake off excess.
- ☐ In 12-inch skillet, heat oil over medium heat. Brown chicken on both sides. (You don't need to cook the chicken completely because it will finish cooking in the oven.)
- ☐ Transfer chicken to 13x9-inch (3-quart) glass baking dish.
- ☐ Place butter in same skillet; let melt over medium-high heat.
- ☐ Add mushrooms; sprinkle with salt and pepper. Cook and stir mushrooms until golden brown. Stir in sherry; cook and stir for additional 1 to 2 minutes. Stir in soup; mix well. Cook until thoroughly heated.
- ☐ Pour mushroom sauce over chicken; top each piece of chicken with one slice cheese. Fold cheese in half if it is too wide for chicken piece.
- ☐ Cover dish with foil; bake 30 minutes. After 30 minutes, turn oven to broil setting.
- ☐ Remove foil from dish; broil 1 to 2 minutes to brown the cheese.
- ☐ Remove from the oven; set aside to cool slightly.
- ☐ Top with parsley.

Nutrition Facts



Properties

Glycemic Index:43.83, Glycemic Load:4.45, Inflammation Score:-7, Nutrition Score:18.4373911982%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 366.84kcal (18.34%), Fat: 22.74g (34.98%), Saturated Fat: 10.16g (63.53%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 11.6g (4.22%), Sugar: 1.81g (2.02%), Cholesterol: 77.33mg (25.78%), Sodium: 911.32mg (39.62%), Alcohol: 2.06g (100%), Alcohol %: 1% (100%), Protein: 24.58g (49.16%), Vitamin K: 47.15µg (44.91%), Vitamin B3: 8.63mg (43.17%), Selenium: 28.09µg (40.13%), Phosphorus: 323.47mg (32.35%), Vitamin B6: 0.56mg (28.17%), Vitamin C: 20.03mg (24.27%), Vitamin B2: 0.4mg (23.56%), Calcium: 215.73mg (21.57%), Vitamin A: 974.18IU (19.48%), Manganese: 0.37mg (18.58%), Vitamin B5: 1.68mg (16.78%), Copper: 0.33mg (16.51%), Zinc: 2.38mg (15.84%), Potassium: 533.97mg (15.26%), Vitamin B12: 0.68µg (11.4%), Vitamin B1: 0.15mg (10.11%), Folate: 39.8µg (9.95%), Magnesium: 37.72mg (9.43%), Iron: 1.66mg (9.25%), Vitamin E: 1.06mg (7.09%), Fiber: 1.06g (4.25%), Vitamin D: 0.3µg (2%)