



Chicken & Green Bean Bake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz cream of mushroom soup canned
- ☐ 2.8 oz fried onions french canned
- ☐ 14 oz green beans drained canned
- ☐ 0.5 cup milk
- ☐ 4 servings salt to taste
- ☐ 2 chicken breasts boneless skinless

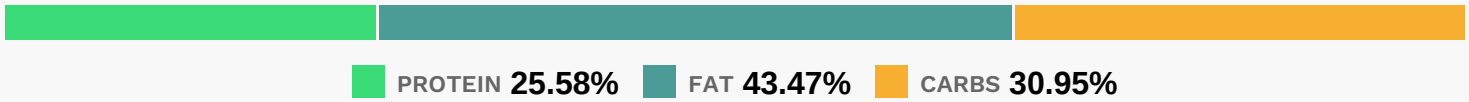
Equipment

- ☐ slow cooker

Directions

- ☐ Place chicken breasts in a slow cooker; season with salt, pepper and garlic powder.
- ☐ Heat, covered, 2 to 3 hours on high setting until juices run clear when chicken is pierced with a fork.
- ☐ Drain; add mushroom soup, milk and green beans; sprinkle with French fried onions. Cover and heat an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:2.59, Inflammation Score:-6, Nutrition Score:15.6260869814%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 290.66kcal (14.53%), Fat: 14.02g (21.58%), Saturated Fat: 5.92g (37.02%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 19.39g (7.05%), Sugar: 4.77g (5.31%), Cholesterol: 43.36mg (14.45%), Sodium: 752.68mg (32.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.14%), Vitamin K: 42.88µg (40.84%), Vitamin B3: 7.32mg (36.58%), Vitamin B6: 0.66mg (32.98%), Selenium: 19.97µg (28.53%), Manganese: 0.47mg (23.3%), Phosphorus: 220.13mg (22.01%), Potassium: 589.25mg (16.84%), Vitamin C: 12.82mg (15.54%), Vitamin A: 751IU (15.02%), Vitamin B2: 0.25mg (14.62%), Vitamin B5: 1.3mg (12.99%), Magnesium: 50.43mg (12.61%), Fiber: 3.09g (12.36%), Copper: 0.24mg (12.09%), Vitamin B1: 0.16mg (10.79%), Iron: 1.9mg (10.54%), Zinc: 1.56mg (10.4%), Folate: 41.37µg (10.34%), Calcium: 82.26mg (8.23%), Vitamin B12: 0.39µg (6.52%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.39µg (2.61%)