



Chicken in Cream Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

SAUCE

Ingredients

- 4 ounces cream cheese fat-free
- 10.8 ounce cream of mushroom soup fat-free canned
- 0.3 cup cooking wine dry white
- 0.5 cup green onion stems chopped (scallion) (green part only)
- 0.5 envelope dressing mix dry italian
- 8 chicken breasts boneless skinless

Equipment

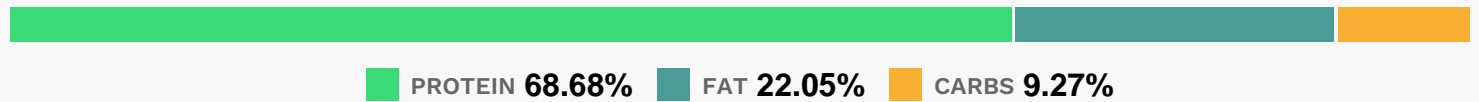
- oven

- pot
- baking pan
- microwave

Directions

- Preheat the oven to 350 F.
- Lay the chicken breasts in a 2-quart baking dish coated with nonstick cooking spray. In a microwave or small pot, heat the Italian dressing mix, cream cheese, and soup, stirring until well-blended.
- Add the green onion stems and wine.
- Pour the sauce over the chicken and bake for 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:13.696087036444%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 177.29kcal (8.86%), Fat: 4.01g (6.17%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.03g (1.14%), Cholesterol: 75.93mg (25.31%), Sodium: 502.8mg (21.86%), Alcohol: 1.03g (100%), Alcohol %: 0.72% (100%), Protein: 28.09g (56.18%), Vitamin B3: 12.2mg (61.03%), Selenium: 36.9µg (52.72%), Vitamin B6: 0.88mg (43.88%), Phosphorus: 326.6mg (32.66%), Vitamin B5: 1.81mg (18.11%), Potassium: 529.91mg (15.14%), Vitamin K: 13.27µg (12.64%), Vitamin B2: 0.18mg (10.58%), Magnesium: 37.42mg (9.35%), Zinc: 1.32mg (8.82%), Manganese: 0.16mg (7.77%), Vitamin B12: 0.42µg (7.03%), Calcium: 62.34mg (6.23%), Vitamin B1: 0.09mg (5.97%), Copper: 0.12mg (5.87%), Iron: 0.83mg (4.62%), Folate: 16.25µg (4.06%), Vitamin C: 2.53mg (3.07%), Vitamin A: 103.75IU (2.07%), Vitamin E: 0.25mg (1.69%)