



Chicken in Creamy Gravy

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 10 ounces campbell's® condensed cream of celery soup undiluted canned
- 0.3 cup skim milk fat-free
- 4 slices optional: lemon
- 2 teaspoons juice of lemon
- 0.1 teaspoon pepper
- 16 ounces chicken breast halves boneless skinless

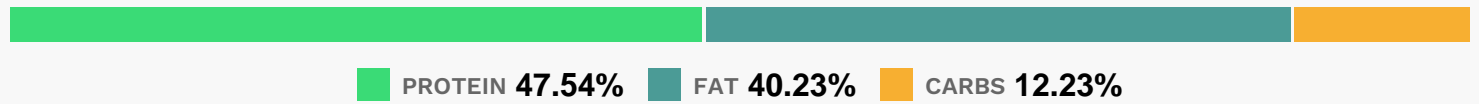
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- In a large nonstick skillet, cook chicken in oil 5–6 minutes on both sides or until browned.; drain. In a large bowl, combine the soup, milk, lemon juice and pepper.
- Pour over chicken. Top each chicken breast with a lemon slice. Reduce heat; cover and simmer until for about 5 minutes or until a meat thermometer reads 170°.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:14.354347871697%

Flavonoids

Eriodictyol: 1.62mg, Eriodictyol: 1.62mg, Eriodictyol: 1.62mg, Eriodictyol: 1.62mg Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 219.19kcal (10.96%), Fat: 9.64g (14.83%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 5.95g (2.16%), Sugar: 1.97g (2.19%), Cholesterol: 80.83mg (26.94%), Sodium: 503.71mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.25%), Vitamin B3: 12.04mg (60.22%), Selenium: 37.9µg (54.15%), Vitamin B6: 0.87mg (43.61%), Phosphorus: 277.2mg (27.72%), Vitamin B5: 2.34mg (23.4%), Potassium: 527.67mg (15.08%), Vitamin K: 15.01µg (14.3%), Vitamin E: 1.83mg (12.19%), Vitamin B2: 0.16mg (9.59%), Magnesium: 35.68mg (8.92%), Manganese: 0.17mg (8.48%), Vitamin C: 6.18mg (7.49%), Vitamin B1: 0.1mg (6.73%), Copper: 0.11mg (5.74%), Vitamin B12: 0.34µg (5.73%), Zinc: 0.82mg (5.45%), Vitamin A: 267.15IU (5.34%), Calcium: 50.81mg (5.08%), Iron: 0.82mg (4.58%), Fiber: 0.64g (2.58%), Folate: 7.54µg (1.89%), Vitamin D: 0.28µg (1.88%)