



## Chicken In Sour Cream

READY IN



45 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 strips.
- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon dill dried
- 1 ounce onion soup mix dry
- 1 pinch pepper black
- 1 tablespoon juice of lemon
- 1 pinch paprika
- 1 pinch salt
- 1 cup cream sour

1 tablespoon vegetable oil

## Equipment

oven

baking pan

## Directions

Brown chicken in oil over medium heat.

Place in a 9 x 13 inch greased baking dish.

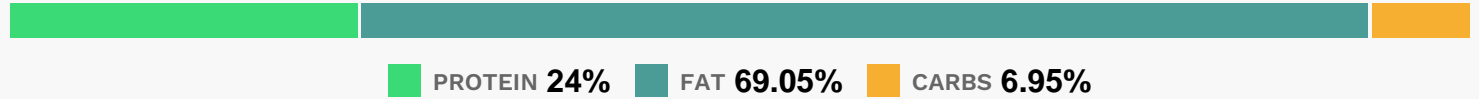
Sprinkle with salt, pepper, and paprika to taste.

Combine mushroom soup, onion soup mix, sour cream, lemon juice, and dill weed.

Pour over chicken.

Bake at 350 degrees F (175 degrees C) for one hour, or until chicken is tender and sauce is brown.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:20.039130397465%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 707.68kcal (35.38%), Fat: 53.97g (83.03%), Saturated Fat: 17.37g (108.56%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.55g (4.2%), Sugar: 2.39g (2.65%), Cholesterol: 259.21mg (86.4%), Sodium: 1311.48mg (57.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.21g (84.42%), Selenium: 44.75µg (63.93%), Vitamin B3: 11.35mg (56.76%), Phosphorus: 439.6mg (43.96%), Vitamin B6: 0.88mg (43.85%), Vitamin B12: 1.69µg (28.15%), Vitamin B2: 0.46mg (27.16%), Vitamin B5: 2.7mg (27.01%), Zinc: 3.94mg (26.29%), Potassium: 695.31mg (19.87%), Manganese: 0.33mg (16.61%), Copper: 0.31mg (15.27%), Magnesium: 59.72mg (14.93%), Vitamin B1: 0.22mg (14.39%), Iron: 2.31mg (12.83%), Vitamin K: 12.02µg (11.45%), Vitamin A: 562.87IU (11.26%), Calcium: 94.2mg (9.42%),

Vitamin E: 0.99mg (6.62%), Folate: 16.33 $\mu$ g (4.08%), Vitamin C: 2.33mg (2.83%), Fiber: 0.68g (2.72%), Vitamin D:  
0.23 $\mu$ g (1.51%)