



Chicken Scampi

READY IN



20 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 10.8 ounce cream of chicken soup fat free 98% canned (Regular or)
- 4 servings noodles hot cooked
- 2 cloves garlic minced
- 2 teaspoons juice of lemon
- 1.5 pounds chicken breast boneless skinless
- 0.3 cup water

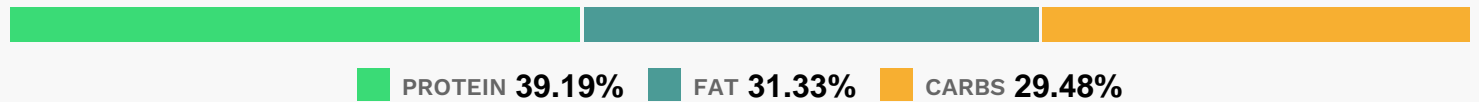
Equipment

frying pan

Directions

- Heat the butter in a 10-inch skillet over medium-high heat.
- Add the chicken and cook for 10 minutes or until it's well browned on both sides.
- Remove the chicken and set aside.
- Stir in the soup, water, lemon juice and garlic.
- Heat to a boil. Return the chicken to the skillet and reduce the heat to low. Cover and cook for 5 minutes or until chicken is cooked through.
- Serve the chicken with the pasta.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:14.47, Inflammation Score:-5, Nutrition Score:21.115217493928%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 449.76kcal (22.49%), Fat: 15.28g (23.51%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 30.79g (11.2%), Sugar: 0.97g (1.08%), Cholesterol: 130.01mg (43.34%), Sodium: 779.04mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.02g (86.04%), Selenium: 78.6µg (112.29%), Vitamin B3: 18.4mg (91.98%), Vitamin B6: 1.34mg (66.78%), Phosphorus: 434.3mg (43.43%), Vitamin B5: 2.69mg (26.85%), Potassium: 714.36mg (20.41%), Manganese: 0.38mg (18.82%), Magnesium: 63.39mg (15.85%), Iron: 2.55mg (14.19%), Vitamin B2: 0.23mg (13.33%), Copper: 0.24mg (11.78%), Zinc: 1.67mg (11.12%), Vitamin B1: 0.14mg (9.31%), Vitamin A: 364.91IU (7.3%), Vitamin E: 0.95mg (6.35%), Fiber: 1.57g (6.28%), Vitamin B12: 0.35µg (5.87%), Vitamin C: 3.55mg (4.31%), Vitamin K: 3.98µg (3.79%), Folate: 15.03µg (3.76%), Calcium: 30.11mg (3.01%), Vitamin D: 0.17µg (1.13%)