



Chicken with Sun-Dried Tomatoes

READY IN



30 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounces cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup pecorino cheese shredded
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 shallots finely chopped
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 0.3 cup sun-dried olives
- ☐ 0.8 cup water

☐ 4 cups extra wide egg noodles cooked drained

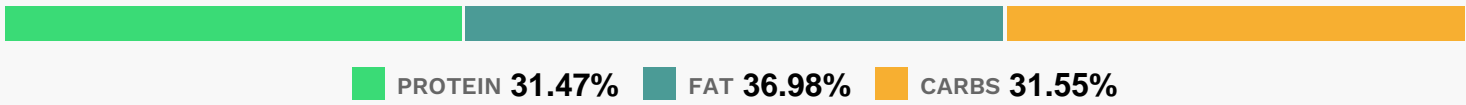
Equipment

☐ frying pan

Directions

- ☐ Heat 2 tablespoons oil 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 from the skillet.
- ☐ Heat the remaining oil in the skillet over medium heat.
- ☐ Add the shallot and cook and stir for 2 minutes. Stir the soup, water, tomatoes, vinegar and chopped basil in the skillet.
- ☐ Return the chicken to the skillet and heat to a boil. Reduce the heat to low. Cook for 5 minutes or until the chicken is cooked through.
- ☐ Serve the chicken and sauce over the noodles.
- ☐ Sprinkle with the cheese and sliced basil, if desired.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:12.59, Inflammation Score:-5, Nutrition Score:22.443478314773%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 461.86kcal (23.09%), Fat: 18.85g (29.01%), Saturated Fat: 4.56g (28.47%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 33.73g (12.26%), Sugar: 3.84g (4.27%), Cholesterol: 114.8mg (38.27%), Sodium: 765.58mg (33.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.11g (72.21%), Selenium: 67.59µg (96.56%), Vitamin B3: 13.96mg (69.8%), Vitamin B6: 1.01mg (50.66%), Phosphorus: 428.4mg (42.84%), Manganese: 0.73mg (36.5%), Potassium: 874.87mg (25%), Vitamin B5: 2.3mg (22.97%), Copper: 0.41mg (20.61%), Magnesium: 75.3mg (18.83%), Zinc: 2.56mg (17.08%), Vitamin B2: 0.25mg (14.83%), Iron: 2.53mg (14.06%), Vitamin K: 14.03µg (13.36%), Vitamin B1:

0.2mg (13.01%), Vitamin E: 1.89mg (12.62%), Calcium: 101.82mg (10.18%), Fiber: 2.47g (9.87%), Vitamin B12: 0.53µg (8.81%), Folate: 28.81µg (7.2%), Vitamin C: 4.75mg (5.76%), Vitamin A: 196.6IU (3.93%), Vitamin D: 0.26µg (1.72%)