



Cranberry Chicken

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 20 ounce chicken breast halves boneless skinless
- ☐ 1 cup bread stuffing mix
- ☐ 0.3 cup white wine

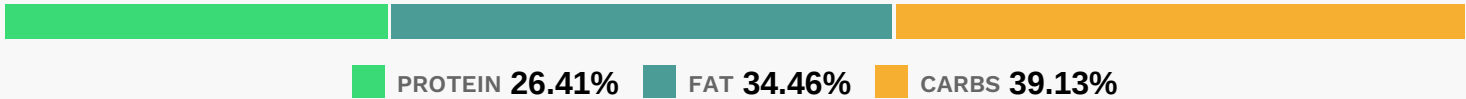
Equipment

- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Prepare a glass baking dish by spraying with cooking spray.
- ☐ Place chicken breasts into baking dish and sprinkle with cheese. Stir together chicken soup and wine; pour over chicken.
- ☐ Sprinkle chicken with stuffing mix and cranberries; drizzle butter over top.
- ☐ Bake in preheated oven until chicken has reached an internal temperature of 160 degrees F (70 degrees C), about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:24.828260841577%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 624.61kcal (31.23%), Fat: 23.26g (35.78%), Saturated Fat: 10.82g (67.61%), Carbohydrates: 59.44g (19.81%), Net Carbohydrates: 57.01g (20.73%), Sugar: 12.86g (14.29%), Cholesterol: 133.44mg (44.48%), Sodium: 1666.66mg (72.46%), Alcohol: 1.54g (100%), Alcohol %: 0.61% (100%), Protein: 40.11g (80.23%), Selenium: 76.6µg (109.44%), Vitamin B3: 18.58mg (92.89%), Vitamin B6: 1.17mg (58.3%), Phosphorus: 436.38mg (43.64%), Vitamin B1: 0.46mg (30.53%), Folate: 107.63µg (26.91%), Vitamin B2: 0.45mg (26.2%), Vitamin B5: 2.46mg (24.56%), Manganese: 0.47mg (23.54%), Potassium: 731.63mg (20.9%), Iron: 3.7mg (20.55%), Magnesium: 67.15mg (16.79%), Copper: 0.28mg (14.21%), Zinc: 1.84mg (12.26%), Vitamin A: 584.24IU (11.68%), Calcium: 116.14mg (11.61%), Vitamin E: 1.46mg

(9.73%), Fiber: 2.43g (9.71%), Vitamin B12: 0.48µg (7.98%), Vitamin K: 6.04µg (5.75%), Vitamin C: 1.8mg (2.18%),
Vitamin D: 0.17µg (1.13%)