

Cranberry Chicken I



Dairy Free



Popular



Low Fod Map

READY IN



570 min.

SERVINGS



6

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce onion soup mix dry
- ☐ 1 cup dressing french
- ☐ 6 chicken breasts boneless skinless
- ☐ 16 ounce jellied cranberry sauce canned

Equipment

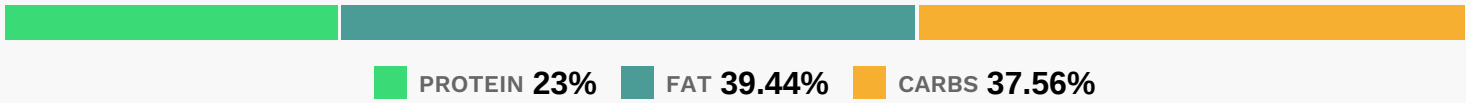
- ☐ bowl
- ☐ oven
- ☐ plastic wrap

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Place the chicken breasts in a glass or non-reactive baking dish.
- ☐ Stir the onion soup mix, cranberry sauce, and French dressing together in a bowl until well blended.
- ☐ Pour over the chicken breasts. Cover the baking dish with plastic wrap, and refrigerate at least 8 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove plastic wrap from the baking dish, and cover loosely with aluminum foil.
- ☐ Bake chicken in preheated oven until top is bubbly and slightly browned, about 1 hour and 15 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:15.482608582662%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 437.45kcal (21.87%), Fat: 19.35g (29.77%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 39.31g (14.29%), Sugar: 31.51g (35.01%), Cholesterol: 72.32mg (24.11%), Sodium: 789.73mg (34.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.77%), Vitamin B3: 12.03mg (60.14%), Selenium: 36.7µg (52.43%), Vitamin K: 51.77µg (49.3%), Vitamin B6: 0.9mg (45.12%), Phosphorus: 260.71mg (26.07%), Vitamin E: 3.01mg (20.05%), Vitamin B5: 1.65mg (16.51%), Potassium: 518.33mg (14.81%), Vitamin B2: 0.17mg (9.89%), Magnesium: 36.64mg (9.16%), Fiber: 2.14g (8.57%), Vitamin B1: 0.11mg (7.51%), Zinc: 0.78mg (5.21%),

Vitamin A: 259.69IU (5.19%), Manganese: 0.1mg (5.12%), Iron: 0.92mg (5.11%), Vitamin B12: 0.28µg (4.74%), Copper: 0.08mg (3.76%), Vitamin C: 2.27mg (2.75%), Calcium: 25.92mg (2.59%), Folate: 5.28µg (1.32%)