



Cranberry Chicken II



Dairy Free



Popular



Low Fod Map

READY IN



65 min.

SERVINGS



5

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce onion soup mix dry
- ☐ 1 cup dressing french
- ☐ 5 chicken breasts boneless skinless
- ☐ 16 ounce cranberry sauce whole canned

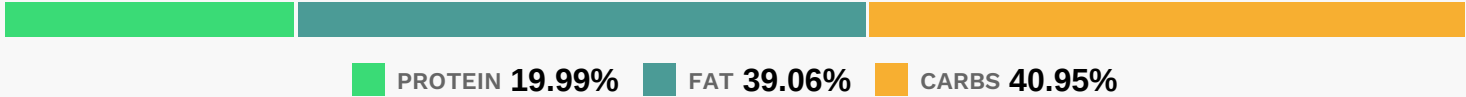
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken in 9x13 inch baking dish.
- ☐ Mix cranberry sauce, soup mix and salad dressing and pour mixture over chicken.
- ☐ Bake in preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:17.100869671158%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg 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: 2.45mg, Myricetin: 2.45mg, Myricetin: 2.45mg, Myricetin: 2.45mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 515.79kcal (25.79%), Fat: 22.65g (34.85%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 53.43g (17.81%), Net Carbohydrates: 50.48g (18.36%), Sugar: 38.08g (42.31%), Cholesterol: 72.32mg (24.11%), Sodium: 1376.82mg (59.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Vitamin B3: 12.16mg (60.8%), Vitamin K: 62.15µg (59.2%), Selenium: 37.09µg (52.99%), Vitamin B6: 0.95mg (47.33%), Phosphorus: 277.36mg (27.74%), Vitamin E: 3.57mg (23.82%), Vitamin B5: 1.71mg (17.07%), Potassium: 579.26mg (16.55%), Fiber: 2.95g (11.79%), Vitamin B2: 0.19mg (11.45%), Magnesium: 41.5mg (10.37%), Vitamin B1: 0.14mg (9.1%), Manganese: 0.16mg (7.86%), Vitamin A: 305.7IU (6.11%), Iron: 1.09mg (6.07%), Zinc: 0.87mg (5.8%), Copper: 0.1mg (5.21%), Vitamin B12: 0.3µg (4.93%), Calcium: 38.09mg (3.81%), Vitamin C: 2.65mg (3.21%), Folate: 5.43µg (1.36%)