



Cranberry Sauce Chicken I



Dairy Free



Low Fod Map

READY IN



95 min.

SERVINGS



12

CALORIES



210 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 packet onion soup mix dry
- ☐ 1 pinch ground pepper black
- ☐ 0.5 cup salad dressing french-style
- ☐ 12 chicken breast halves boneless skinless
- ☐ 1 teaspoon sugar white
- ☐ 1.3 cups cranberry sauce

Equipment

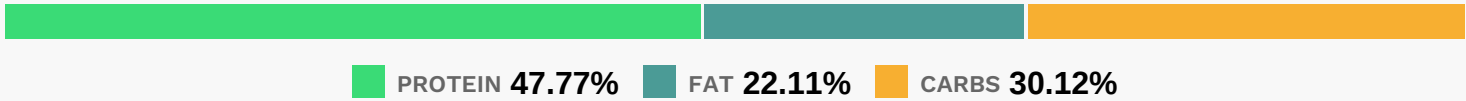
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Arrange chicken in an 11x17 inch baking dish. In a medium bowl, combine the cranberry sauce, soup mix, salad dressing, sugar and ground black pepper.
- ☐ Mix well and spoon mixture over chicken.
- ☐ Cover dish and bake at 325 degrees F (165 degrees C) for 1 to 1 1/2 hours, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:11.647826070371%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 209.77kcal (10.49%), Fat: 5.05g (7.77%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 14.93g (5.43%), Sugar: 10.82g (12.02%), Cholesterol: 72.32mg (24.11%), Sodium: 497.47mg (21.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.54g (49.09%), Vitamin B3: 11.88mg (59.39%), Selenium: 36.64µg (52.35%), Vitamin B6: 0.88mg (43.81%), Phosphorus: 246.98mg (24.7%), Vitamin B5: 1.64mg (16.39%), Potassium: 458.64mg (13.1%), Magnesium: 32.47mg (8.12%), Vitamin B2: 0.13mg (7.55%), Vitamin K: 6.18µg (5.88%), Vitamin B1: 0.09mg (5.86%), Zinc: 0.71mg (4.72%), Vitamin E: 0.7mg (4.7%), Vitamin B12: 0.23µg (3.77%), Iron: 0.61mg (3.37%), Manganese: 0.06mg (3.04%), Copper: 0.05mg (2.59%), Vitamin C: 1.8mg (2.18%), Fiber: 0.54g (2.17%), Calcium: 12.6mg (1.26%), Folate: 4.81µg (1.2%)