

Cranberry Sauce Chicken II

 Dairy Free  Low Fod Map

READY IN



120 min.

SERVINGS



8

CALORIES



358 kcal

SIDE DISH

SAUCE

Ingredients

- 6 strips.
- 1 packet onion soup mix dry
- 8 ounce salad dressing russian-style
- 16 ounce roasted cranberry sauce canned

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken pieces in a lightly greased 9x13 inch baking dish. In a large bowl combine the cranberry sauce, salad dressing and soup mix and mix well. Coat chicken pieces with this mixture.
- Cover dish and bake at 350 degrees F (175 degrees C) for 1 1/2 to 1 3/4 hours, or until chicken is cooked through and juices run clear.
- Remove cover for the last 15 minutes of baking time.

Nutrition Facts

PROTEIN 16.42% **FAT 50.44%** **CARBS 33.14%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:7.8204347854075%

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 Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 358.44kcal (17.92%), Fat: 20.16g (31.02%), Saturated Fat: 4.64g (29%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 28.85g (10.49%), Sugar: 21.32g (23.69%), Cholesterol: 83.06mg (27.68%), Sodium: 751.15mg (32.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.53%), Selenium: 16.89µg (24.13%), Vitamin B3: 4.1mg (20.52%), Vitamin K: 18.52µg (17.64%), Vitamin B6: 0.35mg (17.29%), Phosphorus: 150.98mg (15.1%), Vitamin B12: 0.54µg (9.04%), Vitamin B5: 0.9mg (9.04%), Vitamin E: 1.33mg (8.88%), Vitamin B2: 0.14mg (8.09%), Zinc: 1.15mg (7.68%), Potassium: 249.48mg (7.13%), Vitamin B1: 0.09mg (6.06%), Magnesium: 21.65mg (5.41%), Iron: 0.94mg (5.2%), Manganese: 0.09mg (4.48%), Copper: 0.08mg (4.05%), Fiber: 0.95g (3.81%), Vitamin A: 100.87IU (2.02%), Calcium: 19.32mg (1.93%), Vitamin C: 0.85mg (1.03%)