



## Cream of Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce cream of chicken soup canned
- 10.8 ounce milk canned
- 1 pinch poultry seasoning
- 4 chicken breast halves boneless skinless

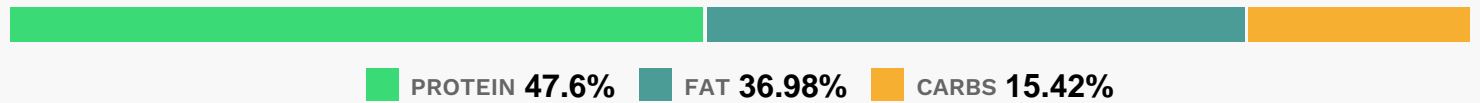
### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken in a 9x13 inch baking dish and season to taste.
- Mix soup with soup can of milk/half-and-half/water (if desired, use 2 cans to make sauce thicker).
- Pour soup mixture evenly over chicken and bake in the preheated oven for about 1 1/2 hours or until chicken is no longer pink and is tender.

## Nutrition Facts



## Properties

Glycemic Index:20.25, Glycemic Load:3.7, Inflammation Score:-4, Nutrition Score:14.768695789187%

## Nutrients (% of daily need)

Calories: 243.87kcal (12.19%), Fat: 9.78g (15.05%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 9.15g (3.33%), Sugar: 4.08g (4.54%), Cholesterol: 87.56mg (29.19%), Sodium: 694.95mg (30.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.65%), Vitamin B3: 12.17mg (60.86%), Selenium: 39.07µg (55.82%), Vitamin B6: 0.9mg (44.81%), Phosphorus: 338.3mg (33.83%), Vitamin B5: 2.04mg (20.41%), Potassium: 571.43mg (16.33%), Vitamin B2: 0.25mg (14.92%), Calcium: 112.52mg (11.25%), Vitamin B12: 0.64µg (10.62%), Magnesium: 42.13mg (10.53%), Vitamin B1: 0.13mg (8.37%), Zinc: 1.2mg (7.98%), Iron: 1.31mg (7.3%), Copper: 0.13mg (6.55%), Vitamin D: 0.95µg (6.34%), Vitamin A: 302.57IU (6.05%), Vitamin K: 5.59µg (5.33%), Vitamin E: 0.67mg (4.45%), Manganese: 0.09mg (4.45%), Vitamin C: 1.46mg (1.77%), Folate: 6.39µg (1.6%)