

Cream of Mushroom Chicken

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 6 ounce mushrooms drained sliced canned
- 10.8 ounce cream of mushroom soup canned
- 12 fluid ounce evaporated milk canned
- 1 onion chopped
- 8 servings salt and pepper to taste
- 2 pounds chicken breast halves boneless skinless cubed

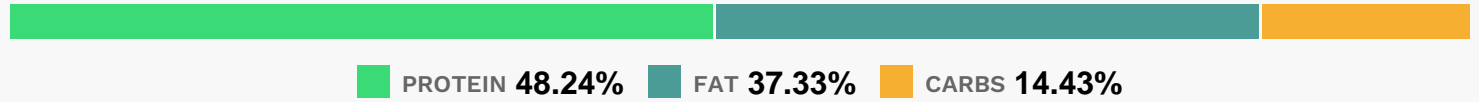
Equipment

sauce pan

Directions

- In a large saucepan, melt the butter/margarine.
- Add the soup, water and milk. Stir together over medium heat.
- Add the onion, salt and pepper and bring all to a boil.
- When mixture starts boiling, add the chicken meat and simmer all together until chicken is cooked through.
- Add the sliced mushrooms and boil over medium heat for about 5 minutes, stirring often.
- Serve!

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:15.174782581951%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 248.3kcal (12.42%), Fat: 10.12g (15.57%), Saturated Fat: 4.95g (30.93%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 7.98g (2.9%), Sugar: 5.54g (6.15%), Cholesterol: 94.87mg (31.62%), Sodium: 755.86mg (32.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.43g (58.85%), Vitamin B3: 12.61mg (63.06%), Selenium: 38.28µg (54.69%), Vitamin B6: 0.92mg (45.82%), Phosphorus: 358.08mg (35.81%), Vitamin B5: 2.16mg (21.64%), Potassium: 650.35mg (18.58%), Vitamin B2: 0.29mg (16.81%), Calcium: 129.42mg (12.94%), Magnesium: 47.43mg (11.86%), Zinc: 1.6mg (10.66%), Manganese: 0.17mg (8.52%), Copper: 0.17mg (8.47%), Vitamin B1: 0.13mg (8.37%), Vitamin B12: 0.36µg (6.08%), Iron: 0.97mg (5.39%), Vitamin A: 227.77IU (4.56%), Folate: 16.02µg (4%), Vitamin C: 3.22mg (3.9%), Fiber: 0.82g (3.28%), Vitamin E: 0.37mg (2.48%), Vitamin D: 0.2µg (1.34%)