



Creamy Almond Chicken

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup almonds sliced
- ☐ 0.3 cup butter
- ☐ 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned (Regular or)
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon mustard dijon-style
- ☐ 2 tablespoons orange marmalade

☐ 6 chicken breasts boneless skinless

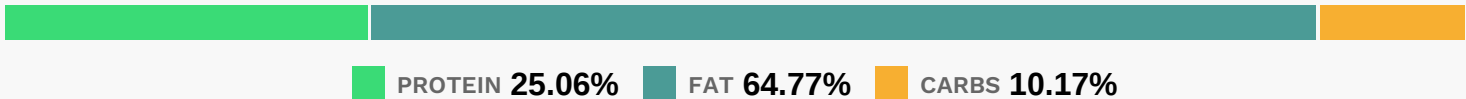
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Melt 1 tablespoon butter in skillet.
- ☐ Add almonds and cook until browned.
- ☐ Remove almonds.
- ☐ Place chicken between 2 sheets of plastic wrap and pound to even thickness. Season with pepper.
- ☐ Melt remaining butter in skillet.
- ☐ Add chicken and cook until browned.
- ☐ Add 1/2 cup toasted almonds, cream, soup, marmalade, mustard and red pepper. Cook 10 minutes or until sauce thickens.
- ☐ Garnish with remaining almonds.
- ☐ Serve with rice if desired.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.67, Inflammation Score:-7, Nutrition Score:17.162608758263%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 454.74kcal (22.74%), Fat: 32.98g (50.74%), Saturated Fat: 12.6g (78.76%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 10.2g (3.71%), Sugar: 5.92g (6.57%), Cholesterol: 121.21mg (40.4%), Sodium: 619.58mg (26.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.43%), Vitamin B3: 12.41mg (62.03%), Selenium: 39.63µg (56.62%), Vitamin B6: 0.88mg (43.95%), Phosphorus: 330.55mg (33.06%), Vitamin E: 3.79mg (25.29%), Vitamin A: 1066.36IU (21.33%), Vitamin B2: 0.33mg (19.69%), Vitamin B5: 1.87mg (18.74%), Potassium: 567.16mg (16.2%), Magnesium: 63.54mg (15.88%), Manganese: 0.3mg (15.16%), Copper: 0.21mg (10.7%), Zinc: 1.24mg (8.25%), Iron: 1.44mg (7.98%), Vitamin B1: 0.11mg (7.6%), Calcium: 73.71mg (7.37%), Fiber: 1.46g (5.83%), Vitamin D: 0.75µg (4.98%), Vitamin B12: 0.3µg (4.98%), Vitamin K: 3.73µg (3.55%), Folate: 12.51µg (3.13%), Vitamin C: 1.99mg (2.42%)