



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.

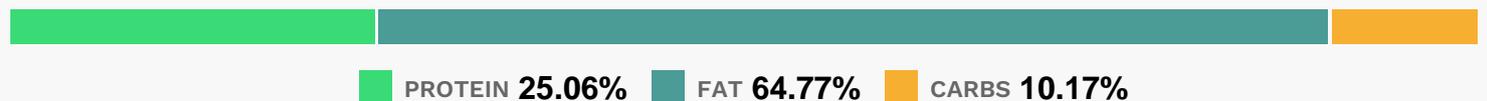
Add chicken and cook until browned.

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: 0g (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%)