



Creamy Chicken

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless

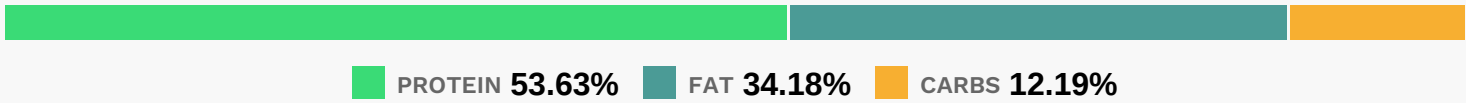
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Clean chicken breasts and season with salt, pepper and garlic powder (or whichever seasonings you prefer) on both sides of chicken pieces.
- ☐ Bake for 25 minutes, then add cream of chicken soup and bake for 10 more minutes (or until done).
- ☐ Serve over rice or egg noodles.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:2.39, Inflammation Score:-3, Nutrition Score:12.306086944497%

Nutrients (% of daily need)

Calories: 199.26kcal (9.96%), Fat: 7.33g (11.28%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.79g (2.11%), Sugar: 0.42g (0.47%), Cholesterol: 78.42mg (26.14%), Sodium: 956.89mg (41.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.78%), Vitamin B3: 12.09mg (60.45%), Selenium: 37.71µg (53.87%), Vitamin B6: 0.85mg (42.66%), Phosphorus: 262.87mg (26.29%), Vitamin B5: 1.76mg (17.63%), Potassium: 463.29mg (13.24%), Vitamin B2: 0.15mg (8.77%), Magnesium: 33.15mg (8.29%), Iron: 1.27mg (7.08%), Copper: 0.13mg (6.68%), Zinc: 0.89mg (5.94%), Vitamin B1: 0.08mg (5.61%), Manganese: 0.11mg (5.25%), Vitamin E: 0.63mg (4.21%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 3.76µg (3.58%), Vitamin A: 173.93IU (3.48%), Calcium: 17.9mg (1.79%), Vitamin C: 1.44mg (1.74%), Folate: 6.26µg (1.57%)