



Creamy Chicken and Ham Bake

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 oz cream of chicken soup reduced-sodium canned
- ☐ 0.5 cup cream light sour
- ☐ 1 lb chicken breast (not breaded)
- ☐ 2.5 oz ham smoked thinly sliced coarsely chopped
- ☐ 1 teaspoon parsley

Equipment

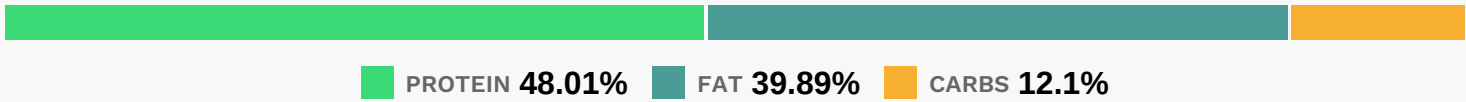
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 325°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In small bowl, mix soup and sour cream. Arrange chicken in single layer in baking dish. Top with ham. Spoon soup mixture evenly over the top.
- ☐ Bake uncovered about 1 hour or until chicken is no longer pink in center.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:2.35, Inflammation Score:-4, Nutrition Score:13.59695662226%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 254.56kcal (12.73%), Fat: 11.02g (16.95%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 7.52g (2.73%), Sugar: 0.49g (0.55%), Cholesterol: 97.24mg (32.41%), Sodium: 905.47mg (39.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.84g (59.68%), Vitamin B3: 12.15mg (60.74%), Selenium: 38.63µg (55.19%), Vitamin B6: 0.86mg (42.77%), Phosphorus: 323.56mg (32.36%), Vitamin B5: 1.76mg (17.62%), Potassium: 566.01mg (16.17%), Vitamin B2: 0.18mg (10.8%), Magnesium: 41mg (10.25%), Zinc: 1.34mg (8.96%), Copper: 0.18mg (8.77%), Iron: 1.48mg (8.24%), Vitamin B1: 0.09mg (6.27%), Calcium: 58.93mg (5.89%), Vitamin B12: 0.35µg (5.79%), Vitamin A: 267.47IU (5.35%), Vitamin E: 0.72mg (4.77%), Vitamin K: 3.83µg (3.65%), Manganese: 0.07mg (3.56%), Folate: 9.27µg (2.32%), Vitamin C: 1.73mg (2.09%), Vitamin D: 0.17µg (1.14%)