



Creamy Chicken and Vegetables

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup healthy request® canned
- 0.3 teaspoon basil dried crushed
- 0.1 teaspoon garlic powder
- 1 tablespoon juice of lemon
- 0.5 cup milk
- 4 chicken breast boneless skinless
- 16 ounce savory vegetable frozen (broccoli, cauliflower, carrots)

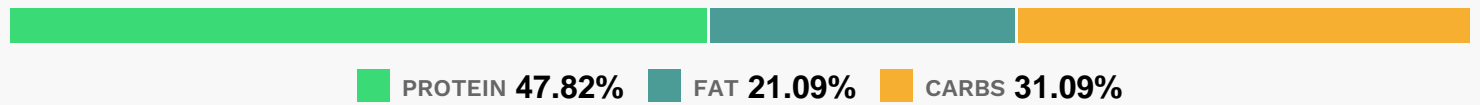
Equipment

frying pan

Directions

- Spray skillet with cooking spray and heat over medium-high heat 1 minute.
- Add chicken and cook until browned.
- Remove chicken.
- Add soup, milk, lemon juice, basil, garlic powder and vegetables.
- Heat to a boil. Return chicken to skillet. Cover and cook over low heat 5 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:23.468260796174%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 267.45kcal (13.37%), Fat: 6.33g (9.74%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 16.27g (5.92%), Sugar: 1.56g (1.74%), Cholesterol: 79.79mg (26.6%), Sodium: 736.29mg (32.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.31g (64.63%), Vitamin A: 5842.35IU (116.85%), Vitamin B3: 13.93mg (69.65%), Selenium: 37.22µg (53.17%), Vitamin B6: 1.01mg (50.42%), Phosphorus: 357.96mg (35.8%), Manganese: 0.53mg (26.55%), Potassium: 806.88mg (23.05%), Vitamin B5: 2.06mg (20.6%), Fiber: 4.73g (18.93%), Vitamin C: 14.6mg (17.7%), Vitamin B2: 0.3mg (17.57%), Magnesium: 66.33mg (16.58%), Vitamin B1: 0.24mg (16.29%), Copper: 0.29mg (14.55%), Zinc: 2.14mg (14.25%), Iron: 2.09mg (11.63%), Folate: 43.73µg (10.93%), Vitamin B12: 0.51µg (8.54%), Calcium: 76.26mg (7.63%), Vitamin D: 0.45µg (2.99%), Vitamin E: 0.24mg (1.62%), Vitamin K: 1.39µg (1.32%)