



## Creamy Chicken Bake

READY IN



40 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 10.8 ounce campbell's® condensed cream of broccoli soup fat free 98% canned (Regular or )
- 0.3 cup bread crumbs dry
- 0.5 teaspoon garlic powder
- 0.3 cup milk
- 4.5 ounce mushrooms drained sliced
- 0.3 cup parmesan cheese grated
- 1.5 pounds chicken breasts boneless skinless

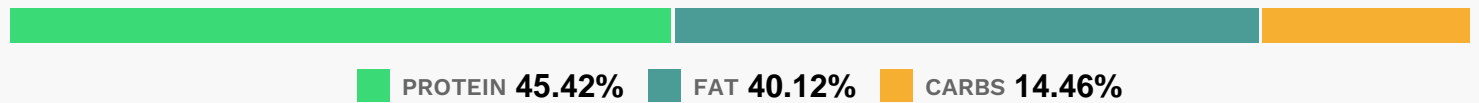
## Equipment

- bowl
- oven
- baking pan

## Directions

- Place the chicken in a 13x9x2-inch shallow baking dish.
- Mix the soup, milk, garlic powder and mushrooms in a medium bowl and pour over the chicken.
- Mix the cheese and bread crumbs with the butter in a small bowl and sprinkle over the soup mixture.
- Bake at 400 degrees F for 30 minutes or until chicken is cooked through.
- Place the chicken on a serving plate. Stir the sauce and serve with the chicken.

## Nutrition Facts



## Properties

Glycemic Index:31.25, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:23.51782611142%

## Nutrients (% of daily need)

Calories: 372.39kcal (18.62%), Fat: 16.35g (25.15%), Saturated Fat: 6.86g (42.88%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 12.14g (4.42%), Sugar: 3.07g (3.42%), Cholesterol: 140.17mg (46.72%), Sodium: 803.79mg (34.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.64g (83.28%), Vitamin B3: 19.57mg (97.87%), Selenium: 63.2µg (90.29%), Vitamin B6: 1.35mg (67.34%), Phosphorus: 482.02mg (48.2%), Vitamin B5: 3.75mg (37.46%), Potassium: 866.83mg (24.77%), Vitamin B2: 0.41mg (23.99%), Vitamin B1: 0.23mg (15.5%), Magnesium: 58.86mg (14.72%), Vitamin K: 14.55µg (13.86%), Manganese: 0.26mg (13.24%), Calcium: 128.43mg (12.84%), Copper: 0.26mg (12.77%), Zinc: 1.71mg (11.42%), Vitamin E: 1.6mg (10.65%), Vitamin A: 527.82IU (10.56%), Vitamin B12: 0.61µg (10.22%), Iron: 1.55mg (8.59%), Folate: 21.73µg (5.43%), Fiber: 1.11g (4.45%), Vitamin C: 2.87mg (3.48%), Vitamin D: 0.49µg (3.26%)