



## Creamy Chicken Dijon

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

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**238 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon brown sugar packed
- 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned (Regular or )
- 1 teaspoon parsley flakes dried
- 1 tablespoon cooking wine dry white
- 1 dash garlic powder
- 1 tablespoon mustard dijon-style coarse-grain
- 0.5 teaspoon onion powder
- 4 chicken breast halves boneless skinless

- 0.3 teaspoon tarragon leaves dried crushed
- 1 tablespoon vegetable oil
- 0.5 cup water

## Equipment

- frying pan

## Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook for 10 minutes or until well browned on both sides.
- Stir the soup, water, mustard, wine, parsley, brown sugar, onion powder, tarragon and garlic powder in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:2.41, Inflammation Score:-3, Nutrition Score:12.945217417634%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 237.99kcal (11.9%), Fat: 10.86g (16.71%), Saturated Fat: 2.46g (15.41%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.81g (2.48%), Sugar: 1.49g (1.66%), Cholesterol: 78.42mg (26.14%), Sodium: 709.51mg (30.85%), Alcohol: 0.39g (100%), Alcohol %: 0.21% (100%), Protein: 26.03g (52.06%), Vitamin B3: 12.13mg (60.63%), Selenium: 38.95µg (55.64%), Vitamin B6: 0.86mg (42.83%), Phosphorus: 267.09mg (26.71%), Vitamin B5: 1.77mg (17.73%), Potassium: 472.26mg (13.49%), Vitamin K: 10.02µg (9.55%), Vitamin B2: 0.15mg (9.03%), Magnesium: 35.82mg (8.96%), Iron: 1.36mg (7.56%), Copper: 0.14mg (6.94%), Zinc: 0.93mg (6.17%), Vitamin E: 0.92mg (6.14%), Vitamin B1: 0.09mg (6.07%), Manganese: 0.11mg (5.27%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 180.96IU (3.62%), Calcium:

23.42mg (2.34%), Vitamin C: 1.6mg (1.94%), Folate: 6.91µg (1.73%)