



## Creamy Garlic Mushroom Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 21.5 ounce cream of mushroom soup canned
- 0.5 cup corn kernels frozen
- 1 cup mayonnaise
- 0.5 cup parmesan cheese grated
- 1 cup seasoned bread crumbs dry
- 0.5 cup cheddar cheese shredded
- 4 chicken breast halves boneless skinless
- 0.3 cup cup heavy whipping cream sour

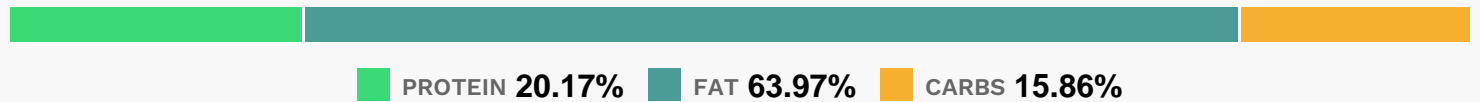
# Equipment

- bowl
- oven
- baking pan

# Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- FOR THE SAUCE: In a medium size bowl combine the soup, mayonnaise, sour cream, corn and Parmesan cheese.
- Mix well.
- Place the chicken breasts in a 9x13 inch baking dish and pour the sauce mixture over the chicken.
- Sprinkle with Cheddar cheese and breadcrumbs for topping and bake in the preheated oven for 38 to 40 minutes.
- Let cool and serve.

# Nutrition Facts



# Properties

Glycemic Index:12.83, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:19.813478298809%

# Nutrients (% of daily need)

Calories: 579.95kcal (29%), Fat: 40.97g (63.03%), Saturated Fat: 10.39g (64.96%), Carbohydrates: 22.85g (7.62%), Net Carbohydrates: 21.4g (7.78%), Sugar: 2.33g (2.59%), Cholesterol: 91.49mg (30.5%), Sodium: 1550.3mg (67.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.12%), Vitamin K: 70.72µg (67.35%), Selenium: 35.92µg (51.32%), Vitamin B3: 10.16mg (50.8%), Phosphorus: 340.43mg (34.04%), Vitamin B6: 0.66mg (33.22%), Manganese: 0.54mg (27.01%), Calcium: 197.55mg (19.75%), Vitamin B2: 0.32mg (19.11%), Vitamin B1: 0.28mg (18.43%), Zinc: 2.68mg (17.85%), Vitamin B5: 1.6mg (16.02%), Potassium: 513mg (14.66%), Copper: 0.29mg (14.6%), Iron: 2.15mg (11.94%), Magnesium: 44.47mg (11.12%), Vitamin B12: 0.66µg (11.01%), Folate: 43.9µg (10.98%), Vitamin E: 1.58mg (10.54%), Vitamin A: 317.76IU (6.36%), Fiber: 1.46g (5.83%), Vitamin C: 1.75mg (2.12%), Vitamin D: 0.25µg (1.65%)