



## Creamy Mushroom-Garlic Chicken

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**224 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce campbell's® condensed cream of mushroom with roasted garlic soup canned
- 0.5 cup milk
- 4 chicken breasts boneless skinless
- 1 tablespoon vegetable oil

### Equipment

- frying pan

## Directions

- Heat oil in skillet.
- Add chicken and cook until browned.
- Add soup and milk.
- Heat to a boil. Cover and cook over low heat 5 minutes or until done.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:13.983478354371%

## Nutrients (% of daily need)

Calories: 223.65kcal (11.18%), Fat: 9.13g (14.05%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 5.23g (1.9%), Sugar: 1.47g (1.63%), Cholesterol: 79.79mg (26.6%), Sodium: 682.85mg (29.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.5g (56.99%), Vitamin B3: 12.5mg (62.52%), Selenium: 36.74µg (52.48%), Vitamin B6: 0.9mg (44.77%), Phosphorus: 290.2mg (29.02%), Vitamin B5: 1.87mg (18.69%), Potassium: 559.85mg (16%), Manganese: 0.25mg (12.34%), Vitamin B2: 0.2mg (11.81%), Zinc: 1.62mg (10.79%), Magnesium: 38.37mg (9.59%), Copper: 0.18mg (9.16%), Vitamin B12: 0.51µg (8.54%), Vitamin B1: 0.1mg (6.98%), Vitamin K: 6.57µg (6.26%), Iron: 0.95mg (5.29%), Calcium: 46.21mg (4.62%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.45µg (2.99%), Folate: 9.85µg (2.46%), Vitamin A: 83.31IU (1.67%), Vitamin C: 1.36mg (1.64%)