



Crisp and Creamy Baked Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



52 kcal

Ingredients

- 1 cup three cheese shredded with a touch of philadelphia kraft
- 0.7 cup campbell's® condensed cream of celery soup ()
- 0.3 cup milk
- 1 lb chicken breasts boneless skinless
- 1 cup rice long-grain white uncooked
- 6 Tbsp shake 'n bake extra seasoned coating mix crispy ()
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Equipment

- oven

baking pan

Directions

Heat oven to 400F.

Coat chicken with coating mix as directed on package; place in 13x9-inch baking dish sprayed with cooking spray. Discard any remaining coating mix.

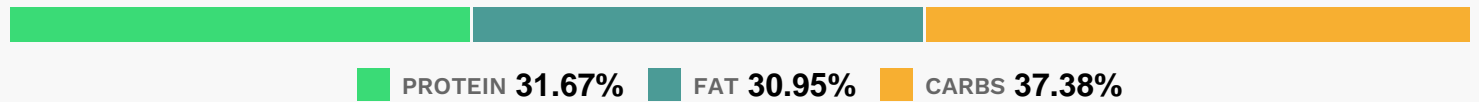
Bake 20 min. or until chicken is done (165F). Meanwhile, cook rice as directed on package, omitting salt.

Mix soup and milk until blended; pour over chicken. Top with cheese.

Bake 5 min. or until cheese is melted and sauce is hot and bubbly.

Serve with rice.

Nutrition Facts



Properties

Glycemic Index:3.61, Glycemic Load:2.6, Inflammation Score:-1, Nutrition Score:2.2121739277373%

Nutrients (% of daily need)

Calories: 51.74kcal (2.59%), Fat: 1.74g (2.67%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.63g (1.68%), Sugar: 0.17g (0.18%), Cholesterol: 12.26mg (4.09%), Sodium: 61.84mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Selenium: 5.98µg (8.54%), Vitamin B3: 1.45mg (7.26%), Vitamin B6: 0.11mg (5.48%), Phosphorus: 51.28mg (5.13%), Manganese: 0.07mg (3.47%), Vitamin B5: 0.3mg (3.02%), Calcium: 28.63mg (2.86%), Vitamin B2: 0.03mg (2%), Potassium: 63.83mg (1.82%), Zinc: 0.26mg (1.76%), Magnesium: 6.01mg (1.5%), Vitamin B12: 0.07µg (1.19%), Copper: 0.02mg (1.08%), Vitamin A: 52.6IU (1.05%)