



Crisp-and-Creamy Baked Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



375 kcal

Ingredients

- ☐ 1 cup mozza-cheddar cheese shredded kraft
- ☐ 0.7 cup campbell's® condensed cream of celery soup
- ☐ 1.5 cups rice white instant uncooked
- ☐ 0.3 cup milk
- ☐ 4 small chicken breasts boneless skinless
- ☐ 6 tablespoons shake 'n bake extra seasoned coating mix crispy
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Equipment

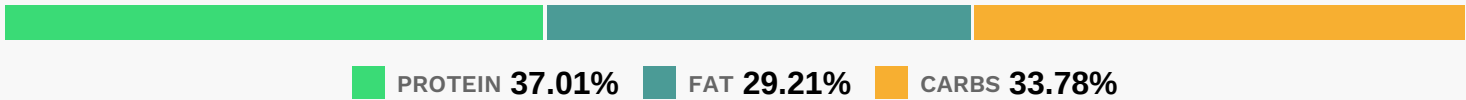
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ Coat chicken with coating mix as directed on package; place in greased 13x9-inch baking dish. Discard any remaining coating mix.
- ☐ Bake 20 minutes or until chicken is done (170 degree F). Meanwhile, cook rice as directed on package.
- ☐ Mix soup and milk until well blended; pour over chicken. Top with cheese.
- ☐ Bake 5 minutes or until cheese is melted and sauce is bubbly.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:20.305217162423%

Nutrients (% of daily need)

Calories: 374.76kcal (18.74%), Fat: 11.85g (18.23%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 29.96g (10.9%), Sugar: 1.61g (1.78%), Cholesterol: 100.89mg (33.63%), Sodium: 532.38mg (23.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.55%), Selenium: 53.96µg (77.09%), Vitamin B3: 14.2mg (71.01%), Vitamin B6: 0.91mg (45.48%), Phosphorus: 402.48mg (40.25%), Vitamin B1: 0.4mg (26.5%), Folate: 96.01µg (24%), Vitamin B5: 2.23mg (22.32%), Manganese: 0.43mg (21.38%), Calcium: 186.34mg (18.63%), Vitamin B12: 0.96µg (16.06%), Iron: 2.78mg (15.46%), Potassium: 512.12mg (14.63%), Vitamin B2: 0.24mg (14.04%), Zinc: 2.05mg (13.65%), Magnesium: 43.42mg (10.86%), Vitamin K: 8.17µg (7.78%), Vitamin A: 366.33IU (7.33%), Copper: 0.14mg (6.91%), Vitamin E: 0.87mg (5.81%), Fiber: 0.86g (3.46%), Vitamin D: 0.39µg (2.62%), Vitamin C: 1.44mg (1.75%)