



Crispy Chicken with Asparagus Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cream of celery soup canned
- 4 cups rice hot cooked
- 0.5 cup breadcrumbs dry
- 1 eggs
- 0.3 cup milk
- 4 servings parmesan cheese grated
- 4 chicken breast halves boneless skinless
- 2 tablespoons vegetable oil
- 0.3 cup water

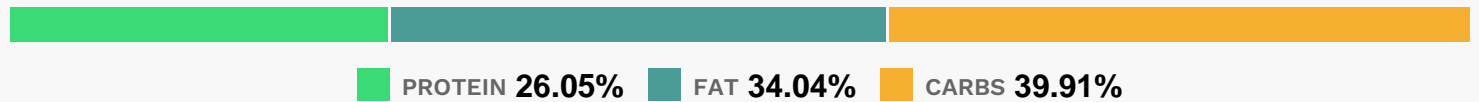
Equipment

- frying pan
- whisk

Directions

- Beat the egg in a shallow dish with a fork or whisk. Dip the chicken into the egg. Coat the chicken with the bread crumbs.
- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook for 15 minutes or until well browned on both sides and cooked through.
- Remove the chicken from the skillet and keep warm.
- Stir the soup, milk and water in the skillet and heat over medium heat until the mixture is hot and bubbling.
- Serve the chicken and sauce with the rice.
- Sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index: 36.75, Glycemic Load: 48.19, Inflammation Score: -6, Nutrition Score: 26.744347743366%

Nutrients (% of daily need)

Calories: 656.74kcal (32.84%), Fat: 24.38g (37.51%), Saturated Fat: 8.19g (51.17%), Carbohydrates: 64.33g (21.44%), Net Carbohydrates: 62.63g (22.78%), Sugar: 2.98g (3.32%), Cholesterol: 150.16mg (50.05%), Sodium: 1173.95mg (51.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.98g (83.96%), Selenium: 67.05µg (95.78%), Vitamin B3: 13.57mg (67.84%), Phosphorus: 582.89mg (58.29%), Vitamin B6: 1.07mg (53.63%), Manganese: 1.07mg (53.43%), Calcium: 367.5mg (36.75%), Vitamin B5: 3.34mg (33.44%), Vitamin K: 27.33µg (26.03%), Vitamin B2: 0.4mg (23.5%), Zinc: 3.24mg (21.62%), Potassium: 675.41mg (19.3%), Vitamin B1: 0.28mg (18.39%), Magnesium: 72.41mg (18.1%), Vitamin B12: 0.92µg (15.27%), Vitamin E: 2.18mg (14.55%), Copper: 0.28mg (14.17%), Vitamin A: 600.59IU (12.01%), Iron: 2.1mg (11.64%), Folate: 32.2µg (8.05%), Fiber: 1.7g (6.79%), Vitamin D: 0.71µg (4.71%), Vitamin C: 1.51mg (1.83%)