



Deluxe Sour Cream Chicken

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 slices bacon
- 12 ounce mushrooms drained canned
- 10.8 ounce cream of mushroom soup canned
- 6 chicken breast halves boneless skinless
- 16 ounce cup heavy whipping cream sour
- 1.5 cups rice white uncooked

Equipment

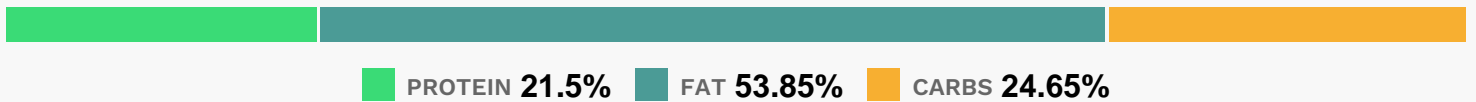
- bowl

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain and set aside.
- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken in a 9x13 inch baking dish and cover each breast with 3 strips bacon. In a large bowl combine the soup, sour cream and mushrooms.
- Mix together and pour over chicken; spread out evenly.
- Cover baking dish with aluminum foil and bake in preheated oven for 60 minutes.
- minutes before chicken is ready, bring 3 cups water to boil in a medium saucepan.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes. When chicken is ready, serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:22.26, Inflammation Score:-5, Nutrition Score:23.844782689343%

Nutrients (% of daily need)

Calories: 767.7kcal (38.38%), Fat: 45.48g (69.96%), Saturated Fat: 17.77g (111.04%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 44.79g (16.29%), Sugar: 3.96g (4.4%), Cholesterol: 163.02mg (54.34%), Sodium: 1194.84mg (51.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.86g (81.72%), Selenium: 61.53µg (87.9%), Vitamin B3: 16.61mg (83.06%), Vitamin B6: 1.18mg (59.18%), Phosphorus: 495.13mg (49.51%), Manganese: 0.74mg (36.84%), Vitamin B5: 3.26mg (32.56%), Vitamin B1: 0.36mg (24.02%), Potassium: 833.61mg (23.82%), Vitamin B2: 0.36mg (21.09%), Zinc: 3.15mg (21.03%), Copper: 0.41mg (20.42%), Magnesium: 68.48mg (17.12%), Vitamin B12: 0.8µg (13.27%), Calcium: 106.52mg (10.65%), Iron: 1.92mg (10.64%), Vitamin A: 529.3IU (10.59%), Fiber:

2.06g (8.25%), Folate: 23.12µg (5.78%), Vitamin E: 0.84mg (5.62%), Vitamin D: 0.49µg (3.27%), Vitamin C: 2.04mg (2.47%), Vitamin K: 1.41µg (1.34%)