



Easy Almond Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces almonds toasted
- 10.8 ounce cream of chicken soup canned
- 5 ounce evaporated milk canned
- 1 pinch garlic powder
- 8 chicken breast halves boneless skinless

Equipment

- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken pieces in a lightly greased 9x13 inch baking dish. Season with garlic powder to taste and bake in the preheated oven for 1/2 hour.
- In a small bowl mix together the soup and milk.
- Pour mixture over chicken and bake for another 1/2 hour. Meanwhile, toast almonds and add to chicken during the last few minutes of baking.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:21.084782823272%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 351.21kcal (17.56%), Fat: 20.61g (31.71%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 7.09g (2.58%), Sugar: 3.22g (3.58%), Cholesterol: 80.51mg (26.84%), Sodium: 417.58mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.23%), Vitamin B3: 13mg (64.98%), Selenium: 38.46µg (54.94%), Vitamin E: 7.71mg (51.38%), Vitamin B6: 0.89mg (44.71%), Phosphorus: 421.49mg (42.15%), Manganese: 0.69mg (34.59%), Vitamin B2: 0.51mg (29.98%), Magnesium: 111.71mg (27.93%), Potassium: 698.4mg (19.95%), Vitamin B5: 1.93mg (19.29%), Copper: 0.37mg (18.71%), Fiber: 3.54g (14.18%), Calcium: 133.5mg (13.35%), Zinc: 1.79mg (11.91%), Iron: 1.91mg (10.6%), Vitamin B1: 0.14mg (9.58%), Folate: 19.18µg (4.79%), Vitamin B12: 0.25µg (4.24%), Vitamin A: 145.86IU (2.92%), Vitamin C: 1.73mg (2.1%), Vitamin K: 1.89µg (1.8%)