

Easy Cheesy Chicken I

 **Gluten Free**

READY IN



495 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 ounce condensed cream of cheddar cheese soup canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 teaspoon garlic powder
- ☐ 6 servings salt and pepper to taste
- ☐ 6 chicken breast halves boneless skinless
- ☐ 8 ounce cream sour

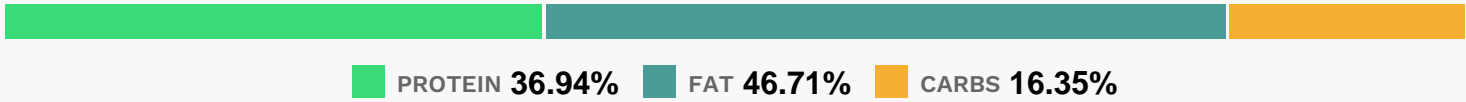
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Rinse chicken, and pat dry.
- ☐ Sprinkle with salt, pepper and garlic powder.
- ☐ Place in slow cooker.
- ☐ In a medium bowl, mix together cream of chicken soup, cream of mushroom soup and cream of Cheddar cheese soup.
- ☐ Cook on Low for 6 to 8 hours. Stir in sour cream just before serving.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.58, Inflammation Score:-5, Nutrition Score:14.89260871514%

Nutrients (% of daily need)

Calories: 324.11kcal (16.21%), Fat: 16.51g (25.4%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 12.44g (4.52%), Sugar: 2.41g (2.68%), Cholesterol: 103.3mg (34.43%), Sodium: 1325.92mg (57.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.38g (58.75%), Vitamin B3: 12.48mg (62.41%), Selenium: 38.64µg (55.21%), Vitamin B6: 0.89mg (44.52%), Phosphorus: 298.57mg (29.86%), Potassium: 795.16mg (22.72%), Vitamin B5: 1.93mg (19.35%), Vitamin B2: 0.23mg (13.59%), Vitamin A: 571.29IU (11.43%), Manganese: 0.21mg (10.67%), Copper: 0.21mg (10.34%), Zinc: 1.5mg (10.01%), Magnesium: 39.14mg (9.78%), Iron: 1.37mg (7.6%), Calcium: 70.12mg (7.01%), Vitamin B1: 0.1mg (6.59%), Vitamin B12: 0.39µg (6.44%), Vitamin E: 0.64mg (4.24%), Folate: 11.59µg (2.9%), Vitamin K: 2.88µg (2.74%), Fiber: 0.56g (2.25%), Vitamin C: 1.75mg (2.12%)