



Easy Cheesy Skillet Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 12 fluid ounce evaporated milk canned
- 6 slices processed cheese food cut into 1-inch pieces
- 6 chicken breast halves boneless skinless

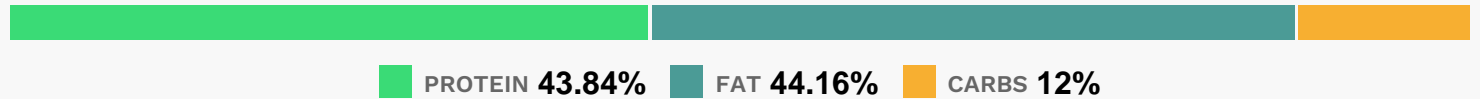
Equipment

- bowl
- frying pan

Directions

- In a large skillet, brown chicken on both sides. In the meantime, in a medium bowl combine the soup, milk and cheese.
- Mix together. When chicken is browned, pour mixture over chicken pieces. Cook over medium low heat until chicken is done and juices run clear.
- Serve.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:17.81521734077%

Nutrients (% of daily need)

Calories: 317.55kcal (15.88%), Fat: 15.29g (23.53%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 9.25g (3.37%), Sugar: 6.41g (7.12%), Cholesterol: 113.01mg (37.67%), Sodium: 904.8mg (39.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.16g (68.32%), Vitamin B3: 12.37mg (61.87%), Selenium: 41.76µg (59.66%), Phosphorus: 506.69mg (50.67%), Vitamin B6: 0.91mg (45.38%), Calcium: 381.49mg (38.15%), Vitamin B2: 0.38mg (22.32%), Vitamin B5: 2.17mg (21.69%), Potassium: 689.01mg (19.69%), Zinc: 2.19mg (14.62%), Magnesium: 52.59mg (13.15%), Vitamin B12: 0.72µg (11.95%), Manganese: 0.18mg (9.07%), Vitamin B1: 0.11mg (7.56%), Copper: 0.15mg (7.56%), Vitamin A: 373.69IU (7.47%), Iron: 1.02mg (5.66%), Folate: 14.49µg (3.62%), Vitamin E: 0.48mg (3.18%), Vitamin C: 2.48mg (3.01%), Vitamin D: 0.3µg (1.99%), Vitamin K: 1.13µg (1.07%)