



Easy Company Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 chicken breast halves boneless skinless

Equipment

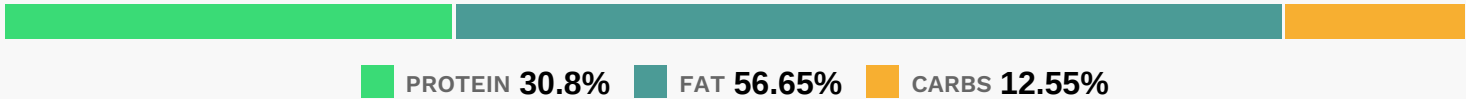
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken in a 9x13 inch baking dish. In a medium bowl, combine the soup, mayonnaise, curry powder and cheese.
- ☐ Mix well and pour mixture over chicken.
- ☐ Cover dish and bake at 350 degrees F (175 degrees C) for 35 to 40 minutes or until chicken is cooked through and no longer pink inside.
- ☐ Remove cover for last 10 minutes of baking to lightly brown the top.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:4.74, Inflammation Score:-4, Nutrition Score:16.907825975314%

Nutrients (% of daily need)

Calories: 415.41kcal (20.77%), Fat: 25.76g (39.63%), Saturated Fat: 6.81g (42.58%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 12.66g (4.61%), Sugar: 0.93g (1.03%), Cholesterol: 101.27mg (33.76%), Sodium: 1508.69mg (65.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.51g (63.03%), Selenium: 43.84µg (62.63%), Vitamin B3: 12.41mg (62.05%), Vitamin B6: 0.86mg (43.17%), Phosphorus: 368.47mg (36.85%), Vitamin K: 30µg (28.58%), Vitamin B5: 1.97mg (19.68%), Potassium: 526.28mg (15.04%), Calcium: 140.99mg (14.1%), Vitamin B2: 0.23mg (13.55%), Iron: 2.27mg (12.59%), Copper: 0.24mg (11.86%), Zinc: 1.68mg (11.2%), Vitamin E: 1.67mg (11.14%), Magnesium: 41.26mg (10.32%), Vitamin A: 433.38IU (8.67%), Manganese: 0.15mg (7.68%), Vitamin B12: 0.41µg (6.86%), Vitamin B1: 0.1mg (6.54%), Folate: 9.79µg (2.45%), Vitamin C: 1.57mg (1.9%), Vitamin D: 0.2µg (1.36%)