



## Easy Rosemary Chicken

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce cream of chicken soup canned
- 1 tablespoon rosemary fresh chopped
- 4 chicken breasts boneless skinless
- 1 cup cup heavy whipping cream sour

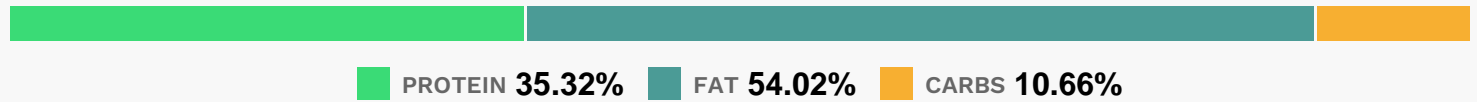
### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine the soup, sour cream and rosemary.
- Mix well.
- Place chicken pieces in a 9x13 inch baking dish, in a single layer.
- Pour rosemary mixture over chicken and bake in the preheated oven for 30 to 40 minutes, or until chicken is cooked through and juices run clear.
- Let cool 10 minutes and serve.

## Nutrition Facts



## Properties

Glycemic Index:7.17, Glycemic Load:1.56, Inflammation Score:-4, Nutrition Score:9.3299999314806%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 207.93kcal (10.4%), Fat: 12.34g (18.98%), Saturated Fat: 5.17g (32.31%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 5.43g (1.98%), Sugar: 1.58g (1.76%), Cholesterol: 74.89mg (24.96%), Sodium: 455.92mg (19.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.3%), Vitamin B3: 8.1mg (40.48%), Selenium: 26.49µg (37.84%), Vitamin B6: 0.58mg (29.05%), Phosphorus: 203.3mg (20.33%), Vitamin B5: 1.3mg (13.03%), Potassium: 353.77mg (10.11%), Vitamin B2: 0.16mg (9.62%), Vitamin A: 363.61IU (7.27%), Magnesium: 25.75mg (6.44%), Calcium: 50.65mg (5.07%), Iron: 0.87mg (4.81%), Zinc: 0.71mg (4.76%), Copper: 0.09mg (4.66%), Vitamin B1: 0.06mg (4.17%), Vitamin B12: 0.23µg (3.85%), Vitamin E: 0.56mg (3.75%), Vitamin K: 2.81µg (2.67%), Manganese: 0.05mg (2.66%), Folate: 6.69µg (1.67%), Vitamin C: 1.37mg (1.66%)