



Easy Skillet Chicken a la King

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of chicken soup canned
- 1 cup mushrooms fresh sliced
- 0.5 teaspoon pepper black
- 1 cup milk
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 2 tablespoons pimientos chopped
- 1 pound chicken breast halves boneless skinless cut into bite-size pieces

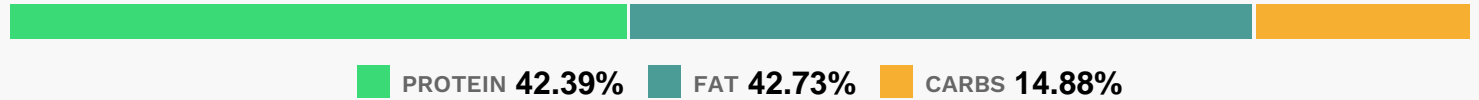
Equipment

- frying pan

Directions

- In a large skillet, heat oil. When hot add chicken and saute 4 to 5 minutes until about halfway cooked.
- Add mushrooms and continue to saute until chicken is lightly browned and cooked through (juices run clear). Stir in the milk, soup, mushrooms, pimentos, onion powder and pepper. Bring all to a boil. Cover skillet and reduce heat.
- Let simmer for 2 to 3 minutes. Stir together and serve.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:3.77, Inflammation Score:-5, Nutrition Score:16.876956162245%

Nutrients (% of daily need)

Calories: 275.1kcal (13.75%), Fat: 12.91g (19.86%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 9.56g (3.48%), Sugar: 4.1g (4.56%), Cholesterol: 85.99mg (28.66%), Sodium: 692.53mg (30.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.62%), Vitamin B3: 13.12mg (65.59%), Selenium: 41.22µg (58.89%), Vitamin B6: 0.94mg (46.78%), Phosphorus: 347.58mg (34.76%), Vitamin B5: 2.36mg (23.57%), Vitamin B2: 0.34mg (19.73%), Potassium: 647.48mg (18.5%), Vitamin C: 9.86mg (11.95%), Magnesium: 43.53mg (10.88%), Copper: 0.22mg (10.79%), Calcium: 95.67mg (9.57%), Vitamin A: 472IU (9.44%), Vitamin B12: 0.57µg (9.43%), Vitamin B1: 0.14mg (9.35%), Iron: 1.57mg (8.69%), Zinc: 1.29mg (8.63%), Vitamin E: 1.23mg (8.2%), Vitamin K: 6.84µg (6.51%), Manganese: 0.13mg (6.39%), Vitamin D: 0.83µg (5.55%), Folate: 11.03µg (2.76%), Fiber: 0.55g (2.21%)