



Chicken Thighs Surprise

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce chicken broth canned
- 21.5 ounce cream of chicken soup with herbs canned
- 1 small eggplant cut into 1 inch cubes
- 10 ounce mushrooms fresh sliced
- 10 ounce mushrooms fresh sliced
- 4 cloves garlic chopped
- 1 teaspoon garlic salt
- 1 teaspoon pepper black

- 2 tablespoons olive oil
- 1 small onion chopped
- 8 chicken thighs boneless skinless
- 2 cups swiss cheese shredded
- 2 to 3 sized squashes yellow chopped

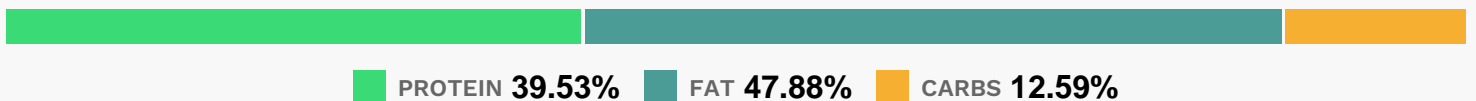
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Heat olive oil in a large skillet over medium-high heat.
- Add the squash, eggplant, mushrooms, onion and garlic. Cook and stir for about 5 minutes, until lightly browned.
- Transfer to a 9x13 inch baking dish.
- In a medium bowl, stir together the condensed soup, chicken broth, garlic salt and pepper.
- Pour half of this mixture over the vegetables.
- Place chicken thighs over the top of the vegetables, and sprinkle with Swiss cheese.
- Pour the rest of the soup over all.
- Bake uncovered for 45 minutes in the preheated oven, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:4.16, Inflammation Score:-6, Nutrition Score:26.093478161356%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 479.26kcal (23.96%), Fat: 25.53g (39.28%), Saturated Fat: 9.09g (56.84%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 11.89g (4.32%), Sugar: 5.3g (5.89%), Cholesterol: 164.25mg (54.75%), Sodium: 1230.12mg (53.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.43g (94.86%), Selenium: 51.7µg (73.85%), Phosphorus: 567.06mg (56.71%), Vitamin B3: 11.05mg (55.26%), Vitamin B2: 0.75mg (44.02%), Vitamin B6: 0.88mg (43.89%), Vitamin B12: 2.08µg (34.68%), Zinc: 5.04mg (33.61%), Vitamin B5: 2.94mg (29.39%), Calcium: 289.01mg (28.9%), Potassium: 919.04mg (26.26%), Copper: 0.51mg (25.37%), Manganese: 0.39mg (19.61%), Magnesium: 72.12mg (18.03%), Iron: 3.16mg (17.57%), Vitamin B1: 0.23mg (15.01%), Vitamin C: 12.27mg (14.87%), Vitamin K: 14.01µg (13.34%), Fiber: 3.21g (12.83%), Folate: 50.1µg (12.53%), Vitamin A: 593.68IU (11.87%), Vitamin E: 1.69mg (11.26%), Vitamin D: 0.19µg (1.29%)