

Easy Cranberry Chicken

 Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 packet onion soup mix dry
- 8 ounce salad dressing ranch-style
- 6 chicken breast halves boneless skinless
- 16 ounce roasted cranberry sauce canned

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken breasts in a lightly greased 9x13 inch baking dish. In a medium bowl, combine the cranberry sauce, salad dressing and dry onion soup mix. Blend together until well mixed, then pour mixture over chicken.
- Bake at 350 degrees F (175 degrees C) for 1 hour.

Nutrition Facts

PROTEIN 28.77% **FAT 28.46%** **CARBS 42.77%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:13.261738994847%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 349.51kcal (17.48%), Fat: 11.03g (16.96%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 36.23g (13.18%), Sugar: 28.28g (31.42%), Cholesterol: 72.32mg (24.11%), Sodium: 777.91mg (33.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.15%), Vitamin B3: 11.96mg (59.8%), Selenium: 37.39µg (53.41%), Vitamin B6: 0.9mg (45.03%), Phosphorus: 253.03mg (25.3%), Vitamin K: 22.5µg (21.43%), Vitamin B5: 1.64mg (16.39%), Potassium: 495.05mg (14.14%), Vitamin E: 1.75mg (11.67%), Magnesium: 34.78mg (8.7%), Vitamin B2: 0.14mg (8.12%), Vitamin B1: 0.1mg (6.7%), Zinc: 0.74mg (4.95%), Iron: 0.87mg (4.82%), Manganese: 0.1mg (4.81%), Fiber: 1.05g (4.21%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.46%), Vitamin C: 2.38mg (2.88%), Calcium: 17.6mg (1.76%), Vitamin A: 79.76IU (1.6%), Folate: 5.28µg (1.32%)