



## Foil-Pack Chicken & Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 oz cream of mushroom soup reduced-fat reduced-sodium canned
- 6 slices oscar mayer deli ham smoked fresh
- 1.5 cups mushrooms fresh sliced
- 1.5 cups peas frozen
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top lower sodium stuffing mix for chicken
- 1.3 cups water divided

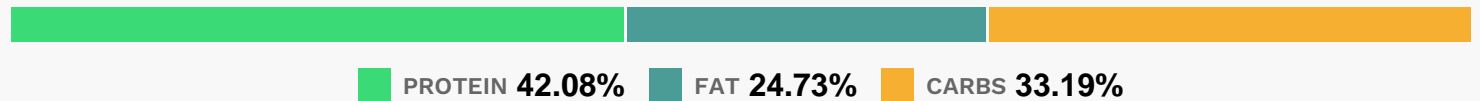
## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Mix soup and 1/4 cup water.
- Combine stuffing mix and remaining water; spoon onto centers of 6 large sheets heavy-duty foil sprayed with cooking spray.
- Top with chicken, ham, vegetables and soup. Fold foil to make 6 packets; place in single layer on rimmed baking sheet.
- Bake 30 to 35 min. or until chicken is done (165F).
- Cut slits in foil to release steam before carefully opening packets.

## Nutrition Facts



## Properties

Glycemic Index:12.72, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:24.05913072047%

## Nutrients (% of daily need)

Calories: 370.21kcal (18.51%), Fat: 9.96g (15.32%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 26.75g (9.73%), Sugar: 4.88g (5.42%), Cholesterol: 92.58mg (30.86%), Sodium: 1202.69mg (52.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.11g (76.22%), Selenium: 59.14µg (84.48%), Vitamin B3: 16.76mg (83.8%), Vitamin B6: 1.1mg (55.2%), Phosphorus: 411.52mg (41.15%), Vitamin B1: 0.54mg (35.68%), Vitamin B2: 0.46mg (27.21%), Manganese: 0.49mg (24.55%), Vitamin B5: 2.34mg (23.43%), Potassium: 793.7mg (22.68%), Folate: 83.95µg (20.99%), Vitamin C: 16.36mg (19.84%), Copper: 0.36mg (18.19%), Zinc: 2.67mg (17.8%), Magnesium: 64.07mg (16.02%), Iron: 2.73mg (15.15%), Fiber: 3.31g (13.23%), Vitamin K: 9.53µg (9.07%), Vitamin B12: 0.5µg (8.28%), Vitamin A: 311.9IU (6.24%), Calcium: 48.28mg (4.83%), Vitamin E: 0.47mg (3.16%), Vitamin D: 0.36µg (2.38%)