



5%
HEALTH SCORE

Garlic Creamed Chicken

 Gluten Free

READY IN



65 min.

SERVINGS



10

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 8 ounce cream cheese softened
- 2 cloves garlic minced
- 2 pounds chicken breast halves boneless skinless cut into strips
- 1 cup cream sour

Equipment

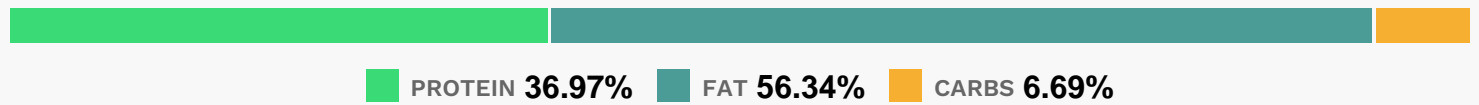
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken in an ungreased 9x13 inch baking dish. In a medium bowl combine the soup, sour cream, cream cheese and garlic.
- Mix well and pour mixture over chicken.
- Bake uncovered in preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:11.194782634144%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 247.82kcal (12.39%), Fat: 15.35g (23.61%), Saturated Fat: 7.78g (48.66%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 4.03g (1.46%), Sugar: 1.64g (1.83%), Cholesterol: 96.06mg (32.02%), Sodium: 399.75mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.31%), Vitamin B3: 9.78mg (48.91%), Selenium: 31.92µg (45.6%), Vitamin B6: 0.72mg (36.06%), Phosphorus: 242.01mg (24.2%), Vitamin B5: 1.56mg (15.61%), Potassium: 435.15mg (12.43%), Vitamin B2: 0.2mg (11.79%), Vitamin A: 475.15IU (9.5%), Magnesium: 30.21mg (7.55%), Zinc: 1.06mg (7.05%), Manganese: 0.12mg (6%), Vitamin B12: 0.33µg (5.47%), Calcium: 52.07mg (5.21%), Vitamin B1: 0.08mg (5.01%), Copper: 0.1mg (4.77%), Iron: 0.6mg (3.33%), Vitamin E: 0.46mg (3.04%), Folate: 9.2µg (2.3%), Vitamin C: 1.48mg (1.8%)