



Herb Roasted Chicken & Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby carrots fresh whole
- 4 chicken breast halves bone-in
- 10.8 oz campbell's® condensed cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- 2 teaspoons oregano leaves dried crushed
- 0.5 teaspoon paprika
- 4 medium potatoes cut into quarters (1 1/4 lb.)
- 0.3 cup water

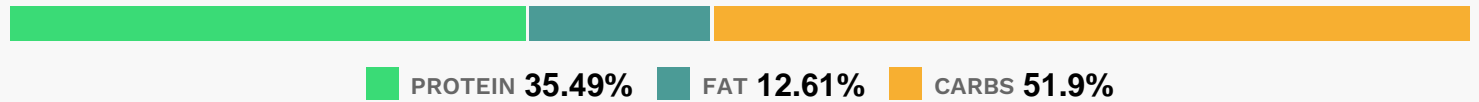
Equipment

- roasting pan

Directions

- Stir the soup, water, 1 tsp. of the oregano, potatoes and carrots in a roasting pan. Top with the chicken.
- Sprinkle with the remaining oregano and paprika.
- Serve with a mixed green salad topped with Pepperidge Farm croutons. For dessert serve grapes. Campbell's Kitchen Tip: Consider substituting white wine for the water and you can create a simply elegant dish perfect for company.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:27.26, Inflammation Score:-10, Nutrition Score:30.673478240552%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 365.06kcal (18.25%), Fat: 5.11g (7.85%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 47.27g (15.76%), Net Carbohydrates: 40.06g (14.57%), Sugar: 4.77g (5.31%), Cholesterol: 76.13mg (25.38%), Sodium: 735.37mg (31.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.66%), Vitamin A: 9003.9IU (180.08%), Vitamin B6: 1.59mg (79.41%), Vitamin B3: 15.14mg (75.72%), Vitamin C: 45.01mg (54.55%), Selenium: 37.44µg (53.48%), Potassium: 1580.81mg (45.17%), Phosphorus: 400.99mg (40.1%), Manganese: 0.72mg (36.1%), Fiber: 7.21g (28.83%), Vitamin B5: 2.66mg (26.58%), Copper: 0.49mg (24.41%), Magnesium: 93.45mg (23.36%), Iron: 3.6mg (20.02%), Vitamin B1: 0.28mg (18.65%), Folate: 63.71µg (15.93%), Vitamin K: 16.71µg (15.91%), Vitamin B2: 0.26mg (15.19%), Zinc: 2.26mg (15.06%), Calcium: 71.87mg (7.19%), Vitamin B12: 0.35µg (5.8%), Vitamin E: 0.49mg (3.28%)