



Italian-Style Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 10.8 ounce cream of mushroom soup fat free 98% canned (Regular or)
- 1 tablespoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 0.5 cup plum tomatoes chopped
- 6 chicken breast halves boneless skinless
- 1 tablespoon vegetable oil
- 0.3 cup water

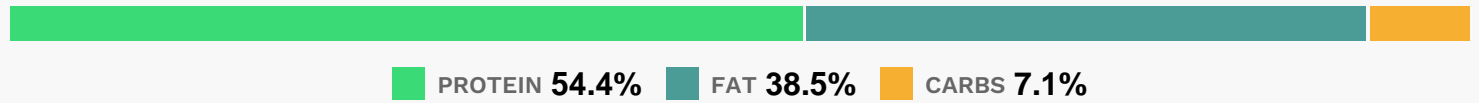
Equipment

frying pan

Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook for 10 minutes or until well browned on both sides.
- Remove the chicken from the skillet.
- Stir the soup, water, parsley, basil and tomatoes in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
- Remove the chicken from the skillet.
- Add the butter to the skillet and stir until the butter is melted.
- Serve the sauce with the chicken.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:20.614782654721%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 300.65kcal (15.03%), Fat: 12.53g (19.27%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.64g (1.69%), Sugar: 0.79g (0.88%), Cholesterol: 119.81mg (39.94%), Sodium: 762.35mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.83g (79.65%), Vitamin B3: 18.56mg (92.8%), Selenium: 54.28µg (77.54%), Vitamin B6: 1.33mg (66.27%), Phosphorus: 386.84mg (38.68%), Vitamin K: 27.65µg (26.33%), Vitamin B5: 2.6mg (25.95%), Potassium: 801.09mg (22.89%), Manganese: 0.29mg (14.75%), Magnesium: 53.74mg

(13.44%), Vitamin B2: 0.22mg (13.14%), Zinc: 1.89mg (12.61%), Copper: 0.22mg (11.11%), Vitamin A: 495.28IU (9.91%), Vitamin C: 7.51mg (9.1%), Vitamin B1: 0.14mg (9.06%), Vitamin B12: 0.47µg (7.78%), Iron: 1.32mg (7.33%), Vitamin E: 0.85mg (5.68%), Folate: 18.51µg (4.63%), Fiber: 0.55g (2.19%), Calcium: 18.18mg (1.82%), Vitamin D: 0.17µg (1.13%)