



Lemony Olive Chicken

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned
- 4 cups rice hot cooked
- 0.1 teaspoon ground pepper black
- 4 slices optional: lemon
- 0.5 teaspoon juice of lemon
- 0.3 cup milk
- 0.5 cup olives pitted ripe sliced
- 4 chicken breasts boneless skinless

1 tablespoon vegetable oil

Equipment

frying pan

Directions

Heat oil in skillet.

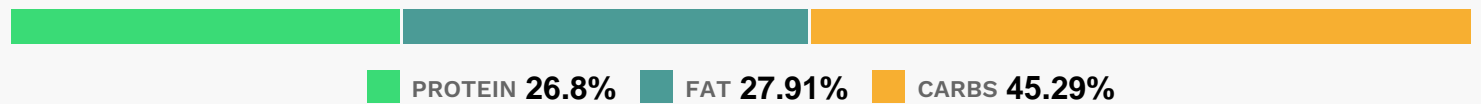
Add chicken and cook until browned.

Add soup, milk, lemon juice, pepper and olives. Top with lemon slices.

Heat to a boil. Cover and cook over low heat 5 minutes or until done.

Serve with rice.

Nutrition Facts



Properties

Glycemic Index:61.88, Glycemic Load:50.57, Inflammation Score:-4, Nutrition Score:18.427826150604%

Flavonoids

Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 468.79kcal (23.44%), Fat: 14.26g (21.94%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 52.06g (17.35%), Net Carbohydrates: 50.66g (18.42%), Sugar: 1.51g (1.67%), Cholesterol: 80.25mg (26.75%), Sodium: 936.71mg (40.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.63%), Selenium: 49.93µg (71.33%), Vitamin B3: 12.78mg (63.9%), Vitamin B6: 1.01mg (50.7%), Manganese: 0.83mg (41.26%), Phosphorus: 346.2mg (34.62%), Vitamin B5: 2.45mg (24.48%), Potassium: 551.83mg (15.77%), Magnesium: 55.78mg (13.94%), Copper: 0.26mg (13.05%), Zinc: 1.73mg (11.5%), Vitamin B2: 0.19mg (11.32%), Vitamin E: 1.63mg (10.87%), Vitamin K: 9.99µg (9.51%), Iron: 1.67mg (9.3%), Vitamin B1: 0.13mg (8.6%), Vitamin C: 5.38mg (6.53%), Calcium: 61.78mg (6.18%), Fiber: 1.4g (5.61%), Vitamin A: 265.51IU (5.31%), Vitamin B12: 0.31µg (5.14%), Folate: 12.2µg (3.05%), Vitamin D: 0.28µg (1.87%)