



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

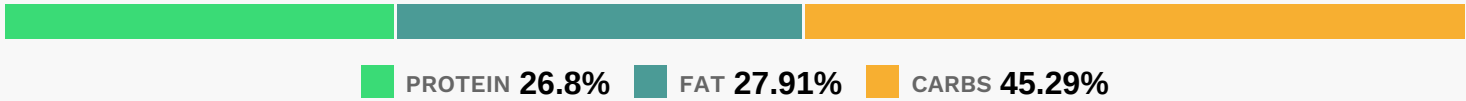
Equipment

☐ 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: Og (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%)