



Lizzy's Creamy Chicken Bake

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 ounce onion soup mix dry
- ☐ 1 tablespoon olive oil
- ☐ 6 servings seasoning salt to taste
- ☐ 6 chicken breast halves boneless skinless
- ☐ 16 ounce cup heavy whipping cream sour

Equipment

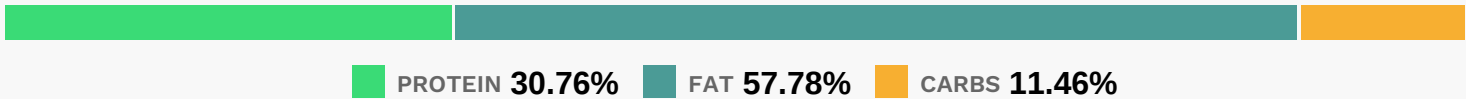
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Sprinkle the chicken breasts with seasoning salt to taste. In a large skillet, brown the chicken in olive oil, on both sides, until they are golden brown.
- ☐ Then place the chicken in a 9x13 inch baking dish. In a medium size bowl, combine the sour cream, chicken soup and dry onion soup mix.
- ☐ Pour the mixture over the chicken and bake in the preheated oven for 25 to 30 minutes.
- ☐ Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:14.656956496446%

Nutrients (% of daily need)

Calories: 358.69kcal (17.93%), Fat: 22.87g (35.19%), Saturated Fat: 9.46g (59.15%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.9g (3.6%), Sugar: 3.07g (3.41%), Cholesterol: 120.99mg (40.33%), Sodium: 1084.38mg (47.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.79%), Vitamin B3: 12.12mg (60.62%), Selenium: 40.16µg (57.37%), Vitamin B6: 0.9mg (45.24%), Phosphorus: 320.47mg (32.05%), Vitamin B5: 2mg (20.02%), Potassium: 571.62mg (16.33%), Vitamin B2: 0.28mg (16.25%), Vitamin A: 598.03IU (11.96%), Magnesium: 41.81mg (10.45%), Calcium: 96.02mg (9.6%), Vitamin E: 1.12mg (7.46%), Zinc: 1.11mg (7.37%), Vitamin B1: 0.11mg (7.15%), Vitamin B12: 0.38µg (6.41%), Copper: 0.13mg (6.3%), Iron: 1.08mg (6.02%), Vitamin K: 4.91µg (4.68%), Manganese: 0.09mg (4.59%), Vitamin C: 2.25mg (2.72%), Folate: 10.07µg (2.52%), Fiber: 0.31g (1.25%)