



## Makeover Swiss Chicken Supreme

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounces chicken breast halves boneless skinless
- 1 tablespoon dehydrated onion dried minced
- 0.5 teaspoon garlic powder
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 3 ounce swiss cheese reduced-fat
- 10 ounces cream of chicken soup undiluted reduced-fat reduced-sodium canned
- 0.3 cup cream sour reduced-fat
- 0.5 cup skim milk fat-free

- 0.3 cup round buttery crackers crushed reduced-fat ( 8 crackers)
- 1 teaspoon butter melted

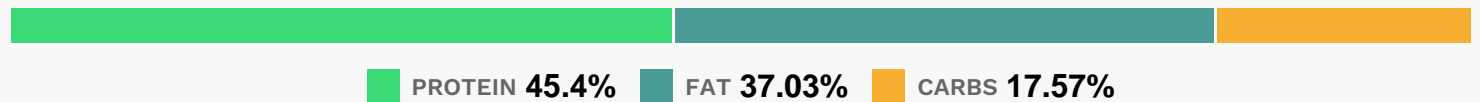
## Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

## Directions

- Place the chicken in a 13x9-in. baking dish coated with cooking spray.
- Sprinkle with minced onion, garlic powder, salt and pepper. Top each with a slice of cheese.
- In a small bowl, combine the soup, sour cream and milk; pour over chicken. Toss the cracker crumbs and butter; sprinkle over chicken.
- Bake, uncovered, at 350&deg; until a thermometer reads 170&deg;; 30-40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:40.81, Glycemic Load:2.7, Inflammation Score:-4, Nutrition Score:17.302608629932%

## Nutrients (% of daily need)

Calories: 306.92kcal (15.35%), Fat: 12.35g (19%), Saturated Fat: 4.75g (29.66%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12.91g (4.69%), Sugar: 3.14g (3.49%), Cholesterol: 96mg (32%), Sodium: 897.83mg (39.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.07g (68.15%), Vitamin B3: 12.43mg (62.17%), Selenium: 41.94µg (59.91%), Vitamin B6: 0.92mg (45.87%), Phosphorus: 454.51mg (45.45%), Calcium: 299.25mg (29.92%), Vitamin B5: 1.9mg (19.02%), Vitamin B2: 0.3mg (17.72%), Potassium: 601.54mg (17.19%), Vitamin B12: 0.84µg (14.07%), Zinc: 1.99mg (13.29%), Magnesium: 48.09mg (12.02%), Vitamin B1: 0.14mg (9.4%), Iron: 1.49mg (8.29%), Copper: 0.15mg (7.25%), Vitamin A: 352.47IU (7.05%), Manganese: 0.12mg (6.13%), Vitamin E: 0.88mg (5.86%), Vitamin K: 6.07µg (5.78%), Folate: 15.85µg (3.96%), Vitamin D: 0.51µg (3.4%), Vitamin C: 2.55mg (3.09%), Fiber: 0.28g (1.12%)