



Parmesan Chicken I

READY IN



310 min.

SERVINGS



6

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter
- 21.5 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 6 servings ground pepper black to taste
- 1.5 cups milk
- 0.3 cup parmesan cheese grated for topping
- 1 cup converted rice long-grain white
- 6 servings salt to taste
- 6 chicken breasts boneless skinless

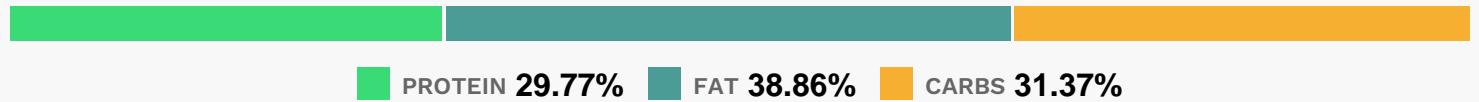
Equipment

- bowl
- slow cooker

Directions

- Mix together onion soup mix, milk, cream of mushroom soup, and rice in a medium bowl.
- Lay chicken breasts in the bottom of a lightly greased slow cooker.
- Place one tablespoon margarine on each chicken breast and pour soup mixture over all. Season with salt and pepper to taste and sprinkle with grated Parmesan cheese.
- Cook on Low for 8 to 10 hours, or on High for 4 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:15.94, Inflammation Score:-5, Nutrition Score:19.258695519489%

Nutrients (% of daily need)

Calories: 471.95kcal (23.6%), Fat: 20.06g (30.86%), Saturated Fat: 10.9g (68.11%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 35.5g (12.91%), Sugar: 3.2g (3.56%), Cholesterol: 118.44mg (39.48%), Sodium: 1612.25mg (70.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.58g (69.16%), Vitamin B3: 13.34mg (66.69%), Selenium: 43.81µg (62.59%), Vitamin B6: 1.01mg (50.32%), Phosphorus: 403.73mg (40.37%), Manganese: 0.71mg (35.39%), Vitamin B5: 2.41mg (24.14%), Potassium: 719.52mg (20.56%), Vitamin B2: 0.31mg (17.97%), Zinc: 2.61mg (17.38%), Copper: 0.32mg (16.1%), Calcium: 140.89mg (14.09%), Magnesium: 56.27mg (14.07%), Vitamin B12: 0.8µg (13.3%), Vitamin B1: 0.16mg (10.9%), Vitamin A: 519.88IU (10.4%), Iron: 1.47mg (8.15%), Vitamin D: 0.8µg (5.37%), Vitamin E: 0.63mg (4.22%), Fiber: 0.94g (3.76%), Folate: 14.78µg (3.7%), Vitamin C: 1.52mg (1.84%), Vitamin K: 1.72µg (1.64%)