



Party Chicken I

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 4 ounce beef dried
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 cup cup heavy whipping cream sour

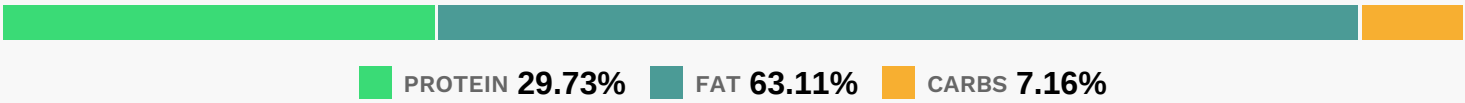
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Shred beef, and spread into the bottom of a greased 8 inch square baking dish.
- ☐ Wrap each chicken breast with 1 strip of bacon, and lay on top of beef.
- ☐ Mix together undiluted soup and sour cream.
- ☐ Pour over chicken.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:2.35, Inflammation Score:-5, Nutrition Score:17.604782726454%

Nutrients (% of daily need)

Calories: 474.99kcal (23.75%), Fat: 32.88g (50.58%), Saturated Fat: 12.84g (80.26%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 8.4g (3.05%), Sugar: 2.37g (2.64%), Cholesterol: 146.99mg (49%), Sodium: 848.39mg (36.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.7%), Vitamin B3: 14.22mg (71.11%), Selenium: 48.41µg (69.16%), Vitamin B6: 1.02mg (51%), Phosphorus: 381.09mg (38.11%), Vitamin B5: 2.21mg (22.14%), Potassium: 647.41mg (18.5%), Vitamin B2: 0.3mg (17.91%), Vitamin B12: 1.06µg (17.72%), Zinc: 2.51mg (16.74%), Magnesium: 45.64mg (11.41%), Vitamin B1: 0.17mg (11.11%), Vitamin A: 538.93IU (10.78%), Iron: 1.91mg (10.59%), Copper: 0.16mg (8.25%), Calcium: 80.59mg (8.06%), Vitamin E: 1.06mg (7.04%), Vitamin K: 4.72µg (4.5%), Manganese: 0.08mg (4.02%), Folate: 11.48µg (2.87%), Vitamin C: 1.95mg (2.36%), Vitamin D: 0.23µg (1.53%)