



Poppy Seed Chicken

READY IN



60 min.

SERVINGS



6

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter melted
- 8 ounces round buttery crackers crushed
- 10.8 ounce cream of chicken soup canned
- 2 tablespoons sherry dry
- 1.5 tablespoons poppy seeds
- 6 servings salt and pepper to taste
- 6 chicken breast halves diced boneless skinless
- 8 ounce cream sour

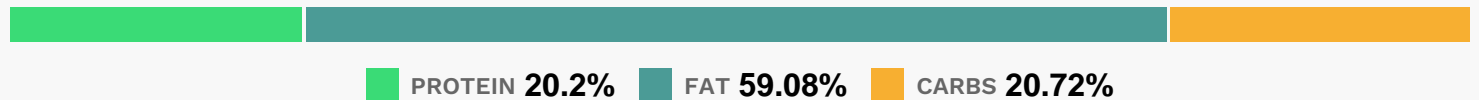
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat to 350 degrees F (175 degrees C).
- Place the diced chicken breasts on the bottom of a 9x13 inch baking dish sprayed with a nonstick cooking spray. In a bowl combine the soup, sour cream and sherry.
- Pour or spoon mixture over the chicken.
- Sprinkle salt and pepper on top.
- Mix the poppy seeds and crushed crackers and sprinkle mixture over the chicken, salt and pepper.
- Drizzle the melted butter or margarine over the cracker/poppyseed layer and bake covered in the preheated oven for 30 to 45 minutes (take cover off for the last 5 minutes).
- Let stand a few minutes before servings.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:19.423043510188%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 586.89kcal (29.34%), Fat: 38.24g (58.83%), Saturated Fat: 17.21g (107.53%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 28.86g (10.49%), Sugar: 4.77g (5.3%), Cholesterol: 139.36mg (46.45%), Sodium: 1149.01mg (49.96%), Alcohol: 0.51g (100%), Alcohol %: 0.25% (100%), Protein: 29.42g (58.85%), Vitamin B3: 13.9mg

(69.49%), Selenium: 40.76µg (58.23%), Vitamin B6: 0.89mg (44.66%), Phosphorus: 409.98mg (41%), Vitamin K: 23.12µg (22.02%), Manganese: 0.42mg (20.85%), Vitamin B5: 2.01mg (20.05%), Vitamin B1: 0.27mg (18.26%), Vitamin B2: 0.31mg (18.2%), Vitamin A: 834.56IU (16.69%), Vitamin E: 2.43mg (16.2%), Iron: 2.91mg (16.17%), Potassium: 559.53mg (15.99%), Calcium: 146.61mg (14.66%), Magnesium: 51.06mg (12.77%), Folate: 37.48µg (9.37%), Copper: 0.19mg (9.31%), Zinc: 1.36mg (9.06%), Vitamin B12: 0.34µg (5.63%), Fiber: 1.31g (5.23%), Vitamin C: 1.77mg (2.14%)