



## Quick Sherry Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

BEVERAGE

DRINK

## Ingredients

- 10.8 ounce cream of mushroom soup canned
- 0.3 cup cooking sherry dry
- 2 tablespoons vegetable oil
- 8 small onions white peeled
- 2 pound meat from a rotisserie chicken whole cut into pieces

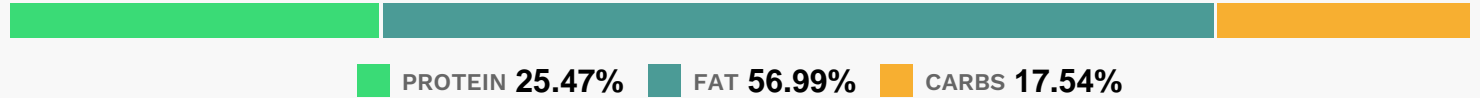
## Equipment

- frying pan

## Directions

- In a large skillet, brown chicken in oil.
- Pour excess oil off.
- Stir in undiluted soup, sherry, and whole onions. Cover. Simmer for 45 minutes, or until done. Stir occasionally.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:1.96, Inflammation Score:-5, Nutrition Score:9.0360868599104%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg

## Nutrients (% of daily need)

Calories: 272.63kcal (13.63%), Fat: 16.78g (25.81%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 9.93g (3.61%), Sugar: 4.05g (4.5%), Cholesterol: 56.97mg (18.99%), Sodium: 415.16mg (18.05%), Alcohol: 1.03g (100%), Alcohol %: 0.56% (100%), Protein: 16.87g (33.74%), Vitamin B3: 5.51mg (27.56%), Vitamin B6: 0.39mg (19.57%), Selenium: 10.93µg (15.61%), Phosphorus: 150.28mg (15.03%), Manganese: 0.3mg (14.91%), Zinc: 1.68mg (11.2%), Potassium: 344.53mg (9.84%), Vitamin C: 8.07mg (9.78%), Vitamin K: 9.84µg (9.37%), Vitamin B5: 0.88mg (8.76%), Copper: 0.17mg (8.66%), Vitamin B2: 0.14mg (8.49%), Magnesium: 28.4mg (7.1%), Iron: 1.23mg (6.85%), Fiber: 1.69g (6.75%), Vitamin B1: 0.1mg (6.48%), Folate: 25.74µg (6.44%), Vitamin B12: 0.31µg (5.1%), Vitamin E: 0.61mg (4.05%), Calcium: 32.38mg (3.24%), Vitamin A: 103.47IU (2.07%)