



Saucy Chicken and Asparagus Bake

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds asparagus fresh trimmed
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 4 chicken breast halves boneless skinless

☐ 2 tablespoons vegetable oil

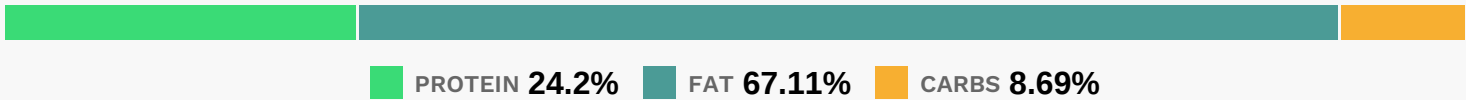
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Spray a 9x9-inch baking dish with cooking spray.
- ☐ Heat vegetable oil in a skillet over medium heat and cook chicken breasts until browned, turning once, about 5 minutes per side. Season chicken with salt and black pepper.
- ☐ Place asparagus into the prepared baking dish; arrange chicken breasts on top.
- ☐ Mix cream of chicken soup, mayonnaise, and lemon juice in a bowl; pour over the chicken and asparagus.
- ☐ Cover the dish with aluminum foil.
- ☐ Bake in the preheated oven until the sauce is bubbling, the chicken is no longer pink inside, and the juices run clear, about 40 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Uncover the dish and sprinkle with Cheddar cheese; allow to stand until cheese has melted, about 5 minutes, before serving.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:3.6, Inflammation Score:-9, Nutrition Score:30.427826041761%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 597.77kcal (29.89%), Fat: 44.88g (69.05%), Saturated Fat: 11.74g (73.38%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 9.46g (3.44%), Sugar: 3.89g (4.33%), Cholesterol: 118.43mg (39.48%), Sodium: 1322.61mg (57.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.41g (72.83%), Vitamin K: 133.14µg (126.8%), Selenium: 50.17µg (71.67%), Vitamin B3: 13.77mg (68.83%), Vitamin B6: 1.02mg (51.19%), Phosphorus: 484.93mg (48.49%), Vitamin A: 1760.52IU (35.21%), Vitamin B2: 0.52mg (30.48%), Vitamin E: 4.24mg (28.25%), Iron: 4.99mg (27.7%), Calcium: 259.92mg (25.99%), Folate: 102.1µg (25.52%), Vitamin B5: 2.39mg (23.91%), Potassium: 829.39mg (23.7%), Copper: 0.47mg (23.31%), Vitamin B1: 0.34mg (22.46%), Zinc: 2.88mg (19.18%), Manganese: 0.36mg (17.96%), Magnesium: 64.44mg (16.11%), Fiber: 3.61g (14.43%), Vitamin C: 11.44mg (13.87%), Vitamin B12: 0.56µg (9.32%), Vitamin D: 0.34µg (2.26%)