



Savory Chicken Breasts

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 cup bread crumbs dry
- ☐ 4 servings ground pepper black to taste
- ☐ 0.3 cup milk
- ☐ 4 chicken breast halves boneless skinless
- ☐ 4 slices swiss cheese

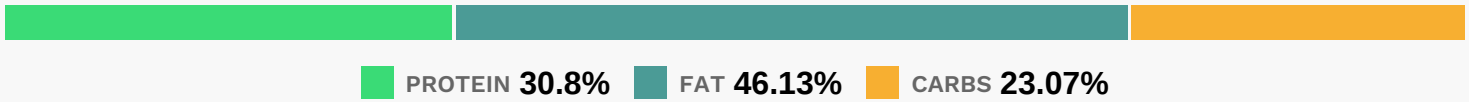
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken breasts in a 9x13 inch baking dish. Season with ground black pepper to taste. Top each breast with a slice of cheese.
- ☐ Mix together the soup and milk and pour mixture over chicken.
- ☐ Sprinkle bread crumbs on top and drizzle with melted butter/margarine.
- ☐ Bake covered in the preheated oven for 30 minutes. Uncover and bake for another 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:2.7, Inflammation Score:-6, Nutrition Score:19.880434984746%

Nutrients (% of daily need)

Calories: 455.54kcal (22.78%), Fat: 23.03g (35.43%), Saturated Fat: 11.03g (68.97%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 24.68g (8.97%), Sugar: 2.83g (3.14%), Cholesterol: 118.63mg (39.54%), Sodium: 968.35mg (42.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.6g (69.2%), Selenium: 49.93µg (71.33%), Vitamin B3: 13.91mg (69.54%), Vitamin B6: 0.9mg (45.04%), Phosphorus: 421.13mg (42.11%), Calcium: 238.75mg (23.87%), Vitamin B1: 0.35mg (23.62%), Vitamin B5: 2.05mg (20.48%), Vitamin B2: 0.33mg (19.6%), Manganese: 0.33mg (16.56%), Potassium: 547.15mg (15.63%), Vitamin B12: 0.93µg (15.57%), Iron: 2.56mg (14.24%), Zinc: 2.08mg (13.89%), Magnesium: 51.86mg (12.96%), Vitamin A: 601.31IU (12.03%), Copper: 0.21mg (10.32%), Folate: 36.8µg (9.2%), Vitamin E: 1mg (6.68%), Vitamin K: 6.31µg (6.01%), Fiber: 1.24g (4.96%), Vitamin D: 0.28µg (1.87%), Vitamin C: 1.43mg (1.74%)