



## Savory Lemon Chicken

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

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**203 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.8 ounce cream of chicken soup healthy request® canned
- 1 tablespoon parsley fresh chopped
- 4 slices optional: lemon
- 1 tablespoon juice of lemon
- 0.5 teaspoon paprika
- 0.3 cup bell pepper green red chopped
- 4 chicken breast halves boneless skinless
- 2 tablespoons water

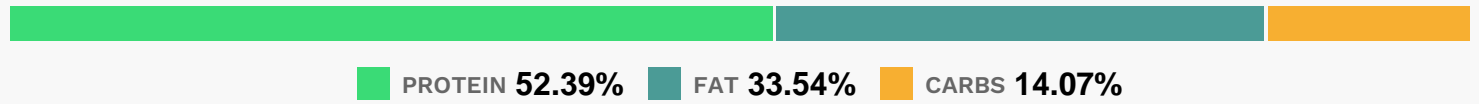
# Equipment

- frying pan

# Directions

- Spray a 10-inch nonstick skillet with the cooking spray and heat over medium-high heat for 1 minute.
- Add the chicken and cook for 10 minutes or until well browned on both sides.
- Remove the chicken from the skillet.
- Stir the soup, water, parsley, lemon juice, paprika and pepper in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Top the chicken with the lemon slices.

# Nutrition Facts



# Properties

Glycemic Index:31.38, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:14.345217445622%

# Flavonoids

Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

# Nutrients (% of daily need)

Calories: 203.17kcal (10.16%), Fat: 7.41g (11.4%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.51g (2.37%), Sugar: 0.94g (1.04%), Cholesterol: 78.42mg (26.14%), Sodium: 667.49mg (29.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.08%), Vitamin B3: 12.18mg (60.89%), Selenium: 37.66µg (53.79%), Vitamin B6: 0.88mg (44.04%), Phosphorus: 265.57mg (26.56%), Vitamin K: 20.64µg (19.66%), Vitamin C: 15.41mg (18.68%), Vitamin B5: 1.79mg (17.94%), Potassium: 496.49mg (14.19%), Vitamin B2: 0.16mg (9.22%), Magnesium: 35.16mg (8.79%), Vitamin A: 416.16IU (8.32%), Iron: 1.42mg (7.87%), Copper: 0.14mg (7.09%), Vitamin B1: 0.09mg (6.19%), Zinc: 0.92mg (6.11%), Vitamin E: 0.76mg (5.05%), Manganese: 0.09mg (4.41%), Vitamin B12: 0.23µg (3.77%), Folate: 10.14µg (2.53%), Calcium: 21.47mg (2.15%), Fiber: 0.49g (1.94%)