

Simple Creamy Lemon Chicken Sauce

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



122 kcal

SAUCE

Ingredients

- 2 tablespoons butter
- 10.8 ounce cream of chicken soup canned
- 0.5 teaspoon garlic powder
- 2 tablespoons juice of lemon
- 0.5 cup water

Equipment

- frying pan

Directions

- Stir the chicken soup, water, lemon juice, butter, and garlic powder together in a pan and place over medium heat. Cook until hot, about 5 minutes.

Nutrition Facts

PROTEIN 6.34% **FAT 73.45%** **CARBS 20.21%**

Properties

Glycemic Index:24.5, Glycemic Load:2.36, Inflammation Score:-2, Nutrition Score:2.1221739150908%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 121.65kcal (6.08%), Fat: 10.09g (15.53%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 6.19g (2.25%), Sugar: 0.61g (0.68%), Cholesterol: 21.15mg (7.05%), Sodium: 581.64mg (25.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 314.04IU (6.28%), Copper: 0.11mg (5.27%), Iron: 0.84mg (4.65%), Vitamin E: 0.59mg (3.92%), Vitamin C: 2.98mg (3.62%), Vitamin K: 3.62µg (3.44%), Manganese: 0.06mg (2.82%), Phosphorus: 27.45mg (2.75%), Selenium: 1.61µg (2.31%), Vitamin B2: 0.04mg (2.3%), Vitamin B5: 0.17mg (1.67%), Zinc: 0.25mg (1.63%), Vitamin B3: 0.31mg (1.56%), Potassium: 51.21mg (1.46%), Calcium: 13.98mg (1.4%), Magnesium: 4.22mg (1.06%)