



Skillet Sweet and Tangy Chicken



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 10.8 ounce campbell's® condensed tomato soup canned
- ☐ 4 cups rice hot cooked
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons vinegar
- ☐ 1 tablespoon worcestershire sauce

Equipment

☐ frying pan

Directions

- ☐ Heat oil in skillet.
- ☐ Add chicken and cook until browned.
- ☐ Add soup, sugar, vinegar and Worcestershire.
- ☐ Heat to a boil.
- ☐ Cover and cook over low heat 10 minutes or until done.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:48.88, Glycemic Load:51.75, Inflammation Score:-5, Nutrition Score:18.65869534534%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 430.67kcal (21.53%), Fat: 7.1g (10.93%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 58.4g (21.24%), Sugar: 9.69g (10.76%), Cholesterol: 72.32mg (24.11%), Sodium: 476.14mg (20.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.36g (58.71%), Selenium: 50.39µg (71.99%), Vitamin B3: 13.1mg (65.52%), Vitamin B6: 1.06mg (53%), Manganese: 0.87mg (43.71%), Phosphorus: 331.85mg (33.18%), Potassium: 939.73mg (26.85%), Vitamin B5: 2.23mg (22.3%), Magnesium: 59.91mg (14.98%), Vitamin C: 11.74mg (14.23%), Zinc: 1.58mg (10.51%), Copper: 0.19mg (9.4%), Vitamin B1: 0.14mg (9.26%), Vitamin B2: 0.15mg (8.85%), Vitamin K: 8.96µg (8.53%), Iron: 1.43mg (7.96%), Vitamin A: 335.92IU (6.72%), Fiber: 1.47g (5.88%), Vitamin E: 0.82mg (5.46%), Calcium: 38.87mg (3.89%), Vitamin B12: 0.23µg (3.77%), Folate: 9.63µg (2.41%)