



Smothered Chicken & Green Bean Skillet

 Gluten Free

READY IN



27 min.

SERVINGS



27

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz condensed cream of mushroom soup low-fat canned
- 2 cups green beans frozen
- 1 cup milk sharp cheddar cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless
- 0.3 tsp thyme leaves dried
- 0.5 cup water

Equipment

- frying pan

Directions

- Heat large nonstick skillet on medium-high heat.
- Add chicken; cover. Cook 5 to 7 min. on each side or until done (165F).
- Remove chicken from skillet.
- Add beans, soup, water and thyme to skillet; cover. Cook 6 min., stirring frequently.
- Return chicken to skillet. Cook 1 min. or until hot. Top with cheese.

Nutrition Facts

PROTEIN 46.28% **FAT 42.83%** **CARBS 10.89%**

Properties

Glycemic Index:4.37, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.9378260542517%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 45.17kcal (2.26%), Fat: 2.13g (3.27%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 0.98g (0.35%), Sugar: 0.28g (0.31%), Cholesterol: 15.46mg (5.15%), Sodium: 122.01mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.35%), Vitamin B3: 1.91mg (9.54%), Selenium: 6.61µg (9.44%), Vitamin B6: 0.14mg (7.22%), Phosphorus: 60.6mg (6.06%), Vitamin K: 3.64µg (3.46%), Calcium: 34.03mg (3.4%), Vitamin B2: 0.05mg (2.95%), Vitamin B5: 0.29mg (2.95%), Potassium: 95.85mg (2.74%), Manganese: 0.05mg (2.61%), Zinc: 0.39mg (2.58%), Magnesium: 8.33mg (2.08%), Vitamin A: 103.55IU (2.07%), Copper: 0.03mg (1.66%), Vitamin B12: 0.09µg (1.58%), Vitamin C: 1.21mg (1.46%), Vitamin B1: 0.02mg (1.38%), Iron: 0.23mg (1.26%), Folate: 4.98µg (1.24%)