



Sour Cream Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.3 cup white wine

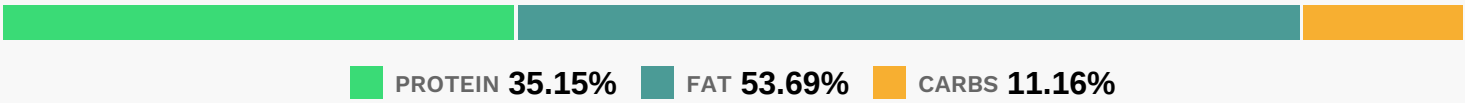
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine the sour cream, soup and wine.
- ☐ Mix well.
- ☐ Place chicken breasts in a 9x13 inch baking dish.
- ☐ Pour sour cream mixture over chicken and bake in the preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:2.42, Inflammation Score:-5, Nutrition Score:14.093043482822%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 327.64kcal (16.38%), Fat: 18.48g (28.43%), Saturated Fat: 7.74g (48.38%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 8.64g (3.14%), Sugar: 2.56g (2.85%), Cholesterol: 112.34mg (37.45%), Sodium: 684.75mg (29.77%), Alcohol: 2.06g (100%), Alcohol %: 0.98% (100%), Protein: 27.22g (54.44%), Vitamin B3: 12.16mg (60.8%), Selenium: 39.76µg (56.79%), Vitamin B6: 0.88mg (44%), Phosphorus: 308.22mg (30.82%), Vitamin B5: 1.96mg (19.59%), Potassium: 541.51mg (15.47%), Vitamin B2: 0.25mg (14.57%), Vitamin A: 530.79IU (10.62%), Magnesium: 40.18mg (10.04%), Calcium: 76.19mg (7.62%), Iron: 1.32mg (7.33%), Zinc: 1.09mg (7.27%), Copper: 0.14mg (6.96%), Vitamin B1: 0.09mg (6.31%), Vitamin B12: 0.35µg (5.78%), Vitamin E: 0.84mg (5.63%), Manganese: 0.1mg (4.92%), Vitamin K: 4.29µg (4.09%), Folate: 9.69µg (2.42%), Vitamin C: 1.95mg (2.36%)