



Special Delivery Chicken

READY IN



35 min.

SERVINGS



4

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cream sour
- 10 ounces cream of chicken soup undiluted canned
- 2 teaspoons poppy seeds
- 2.5 cups roasted chicken cubed cooked
- 1.8 cups round buttery crackers crushed butter-flavored (36 crackers)
- 0.5 cup butter melted

Equipment

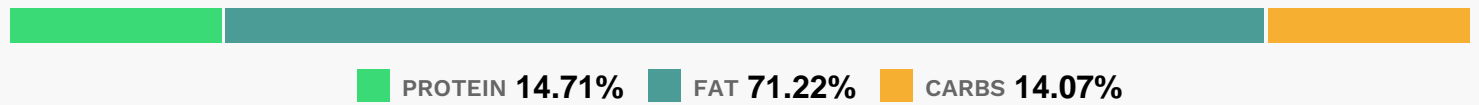
- bowl

- oven
- baking pan

Directions

- In a large bowl, combine the sour cream, soup and poppy seeds. stir in chicken.
- Pour into a greased 11x7-in. baking dish.
- Combine the cracker crumbs and butter; sprinkle over top.
- Bake, uncovered, at 350° for 25–30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.2, Inflammation Score:-7, Nutrition Score:16.943478091903%

Nutrients (% of daily need)

Calories: 778.09kcal (38.9%), Fat: 61.93g (95.28%), Saturated Fat: 30.48g (190.53%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 26.61g (9.68%), Sugar: 6.5g (7.23%), Cholesterol: 200.15mg (66.72%), Sodium: 1013.18mg (44.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.57%), Vitamin B3: 8.59mg (42.94%), Selenium: 28.82µg (41.17%), Phosphorus: 368.89mg (36.89%), Vitamin A: 1590.41IU (31.81%), Vitamin B2: 0.44mg (25.6%), Vitamin B6: 0.43mg (21.31%), Calcium: 205.38mg (20.54%), Vitamin K: 19.74µg (18.8%), Iron: 3.22mg (17.87%), Vitamin E: 2.42mg (16.14%), Manganese: 0.32mg (15.9%), Vitamin B5: 1.51mg (15.06%), Zinc: 2.22mg (14.79%), Vitamin B1: 0.22mg (14.45%), Potassium: 427.69mg (12.22%), Copper: 0.22mg (10.91%), Magnesium: 43.47mg (10.87%), Vitamin B12: 0.54µg (9.06%), Folate: 33.67µg (8.42%), Fiber: 0.9g (3.59%), Vitamin C: 1.12mg (1.36%)