



Sun Dried Tomato Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10 ounce cream of chicken soup canned
- ☐ 4 cloves garlic clove minced
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 0.5 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 8 servings salt and pepper to taste
- ☐ 6 ounce chicken breast halves boneless skinless

☐ 0.8 cup sun-dried tomatoes

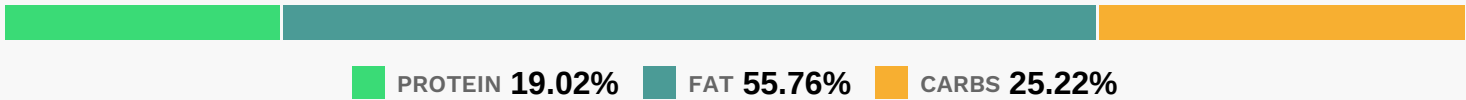
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Season chicken with Italian seasoning, salt, and pepper.
- ☐ Place chicken in a baking dish and cook in preheated oven for about 20 minutes.
- ☐ Meanwhile, fill a small saucepan halfway with water and bring to a boil. Cook sun-dried tomatoes in the boiling water until soft, 7 to 10 minutes.
- ☐ Remove the tomatoes from the water and puree in a food processor until smooth.
- ☐ Heat olive oil and butter in a skillet over medium heat. Cook garlic in butter and oil until garlic turns brown, 3 to 5 minutes. Stir in the cream of chicken soup and milk. Cook 5 to 7 minutes, stirring frequently. Season with Italian seasoning, salt, and pepper. Stir in the pureed tomato and simmer 5 minutes.
- ☐ Add baked chicken breasts to the pan and simmer until chicken is completely cooked through and juices run clear, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.86, Inflammation Score:-3, Nutrition Score:7.6486956865891%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 151.81kcal (7.59%), Fat: 9.76g (15.02%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 8.37g (3.04%), Sugar: 4.84g (5.38%), Cholesterol: 25.8mg (8.6%), Sodium: 507.04mg (22.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.99%), Vitamin B3: 3.35mg (16.73%), Potassium: 487.43mg (13.93%), Manganese: 0.28mg (13.75%), Selenium: 8.61µg (12.3%), Vitamin K: 12.24µg (11.66%), Vitamin B6: 0.23mg (11.4%), Phosphorus: 111.81mg (11.18%), Copper: 0.21mg (10.31%), Iron: 1.67mg (9.27%), Magnesium: 30.92mg (7.73%), Vitamin B2: 0.12mg (6.78%), Vitamin B5: 0.66mg (6.62%), Vitamin E: 0.94mg (6.27%), Fiber: 1.57g (6.26%), Vitamin C: 4.82mg (5.84%), Vitamin B1: 0.09mg (5.7%), Vitamin A: 283.94IU (5.68%), Calcium: 49.82mg (4.98%), Zinc: 0.53mg (3.54%), Folate: 10.2µg (2.55%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.19µg (1.26%)