



Sunday Chicken Dinner

 Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cajun spice
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 1 large onion quartered
- ☐ 4 potatoes peeled quartered
- ☐ 1 tablespoon salt
- ☐ 4 chicken breast halves boneless skinless

- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water

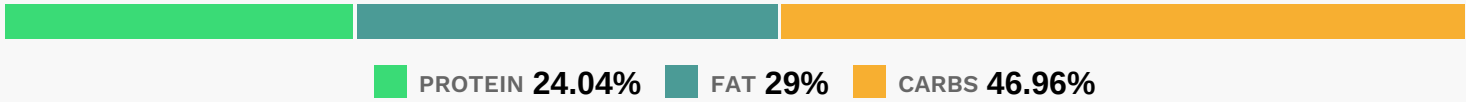
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Line a 9x13-inch baking dish with aluminum foil.
- ☐ Spread the potatoes and onion into the bottom of the lined baking dish.
- ☐ Stir the flour, salt, and pepper together in a shallow bowl.
- ☐ Roll the chicken breasts in the flour mixture, and arrange atop the potatoes and onion.
- ☐ Stir the vegetable oil, mushroom soup, and water together in a bowl; pour over the chicken.
- ☐ Sprinkle the Cajun seasoning over the entire dish. Cover the dish with aluminum foil.
- ☐ Bake the chicken breasts until no longer pink in the center and the juices run clear, about 2 hours. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:58.19, Glycemic Load:45.38, Inflammation Score:-8, Nutrition Score:31.657391009123%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg,

Kaempferol: 1.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 594.69kcal (29.73%), Fat: 19.16g (29.47%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 69.79g (23.26%), Net Carbohydrates: 62.73g (22.81%), Sugar: 3.52g (3.91%), Cholesterol: 76.13mg (25.38%), Sodium: 2434.52mg (105.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.74g (71.47%), Vitamin B3: 16.79mg (83.93%), Vitamin B6: 1.6mg (80.14%), Selenium: 47.72µg (68.17%), Vitamin C: 46.11mg (55.89%), Manganese: 0.93mg (46.45%), Potassium: 1545.92mg (44.17%), Phosphorus: 431.71mg (43.17%), Vitamin B1: 0.53mg (35.12%), Vitamin K: 31.8µg (30.28%), Fiber: 7.06g (28.23%), Folate: 109.19µg (27.3%), Vitamin B5: 2.62mg (26.19%), Iron: 4.58mg (25.43%), Copper: 0.5mg (25.12%), Magnesium: 98.93mg (24.73%), Vitamin B2: 0.41mg (24.34%), Vitamin A: 903.59IU (18.07%), Zinc: 2.49mg (16.57%), Vitamin E: 1.89mg (12.61%), Vitamin B12: 0.35µg (5.8%), Calcium: 56.65mg (5.66%)