



Sunday Company Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples cored peeled finely chopped
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 10.8 ounce cream of mushroom soup canned
- 3 teaspoons curry powder
- 1 cup heavy whipping cream
- 1 large onion diced
- 1 teaspoon paprika

- 1 teaspoon salt
- 3 pound meat from a rotisserie chicken whole cut into pieces

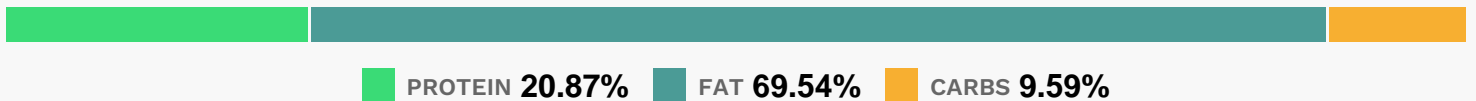
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small saucepan, melt butter or margarine.
- Add the curry powder, apple and onion and saute until onion is translucent.
- Add soup and cream and stir together.
- Place chicken pieces in a lightly greased 9x13 inch baking dish. Season with salt, pepper and paprika.
- Pour apple/cream sauce mixture over chicken and bake uncovered in the preheated oven for 1 1/2 hours.
- Let cool 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.67, Inflammation Score:-7, Nutrition Score:12.412608602773%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg,

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 463.75kcal (23.19%), Fat: 35.98g (55.36%), Saturated Fat: 16.87g (105.46%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 9.41g (3.42%), Sugar: 5.44g (6.04%), Cholesterol: 139.04mg (46.35%), Sodium: 866.71mg (37.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.59%), Vitamin B3: 8.01mg (40.07%), Selenium: 17.24µg (24.63%), Vitamin B6: 0.48mg (23.85%), Phosphorus: 214.27mg (21.43%), Vitamin A: 1043.96IU (20.88%), Vitamin B2: 0.26mg (15.24%), Zinc: 2.2mg (14.65%), Manganese: 0.29mg (14.34%), Vitamin B5: 1.25mg (12.53%), Potassium: 402.83mg (11.51%), Iron: 1.85mg (10.28%), Copper: 0.19mg (9.46%), Magnesium: 35.64mg (8.91%), Vitamin B12: 0.49µg (8.17%), Vitamin E: 1.18mg (7.85%), Fiber: 1.75g (6.98%), Vitamin B1: 0.1mg (6.94%), Vitamin C: 5.34mg (6.48%), Vitamin D: 0.85µg (5.68%), Calcium: 55.4mg (5.54%), Vitamin K: 5.53µg (5.27%), Folate: 19.21µg (4.8%)