

DINNER

Super Fast and Easy Chicken a la King

12 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.60	268 kcal



The recipe Super Fast and Easy Chicken a la King can be made in roughly 45 minutes. One portion of this dish contains around 22g of protein, 11g of fat, and a total of 268 calories. For \$1.6 per serving, you get a main course that serves 8.

Ingredients

- ☐ 1 pound boneless chicken breast halves, cooked and diced
- ☐ 32¼ ounce condensed cream of chicken soup canned
- ☐ 2 cups water

- ☐ 15 ounce peas canned
- ☐ 32¼ ounce condensed cream of mushroom soup canned

EQUIPMENT Sauce pan, Pot

Method

- 1 Combine cream of chicken soup, cream of mushroom soup and water in a large pot or saucepan over medium low heat.
- 2 Add chicken and cook, stirring, until heated through. Stir in peas, heat through, and serve over toast.

Nutrition per serving

268
KCAL

22 g
PROTEIN

11 g
FAT

20 g
CARBS

Saturated Fat	3.7 g · 23% of daily needs
Fibre	2 g · 8% of daily needs
Sugar	2.3 g · 3% of daily needs
Sodium	1,780 mg · 77% of daily needs
Cholesterol	51.1 mg · 17% of daily needs
Vitamin C	4.9 mg · 6% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/super-fast-and-easy-chicken-a-la-king-142160