



## Sweet and Tangy Chicken

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar packed
- 1 tablespoon butter
- 10.8 ounce campbell's® condensed tomato soup 25% healthy request® canned (Regular, Less Sodium or )
- 4 servings regular rice long-grain white hot cooked
- 4 chicken breasts boneless skinless
- 1 tablespoon vinegar
- 0.3 cup water

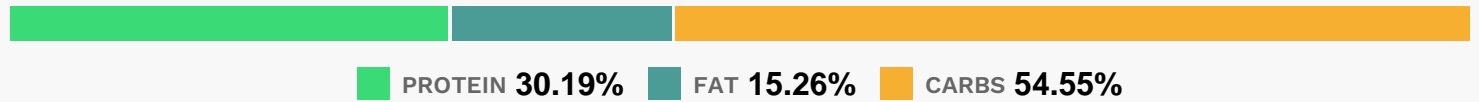
# Equipment

frying pan

# Directions

- Heat butter in skillet.
- Add chicken and cook until browned.
- Add soup, water, sugar and vinegar.
- Heat to a boil. Cover and cook over low heat 5 minutes or until done.
- Serve with rice.

# Nutrition Facts



# Properties

Glycemic Index:36.92, Glycemic Load:26.06, Inflammation Score:-5, Nutrition Score:16.963043440943%

# Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

# Nutrients (% of daily need)

Calories: 384.29kcal (19.21%), Fat: 6.38g (9.82%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 49.91g (18.15%), Sugar: 9.24g (10.26%), Cholesterol: 72.32mg (24.11%), Sodium: 455.28mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.83%), Vitamin B3: 13.18mg (65.9%), Selenium: 45.45µg (64.93%), Vitamin B6: 0.99mg (49.44%), Phosphorus: 314.9mg (31.49%), Manganese: 0.63mg (31.33%), Potassium: 904.72mg (25.85%), Vitamin B5: 2.08mg (20.84%), Vitamin C: 11.19mg (13.57%), Magnesium: 52.11mg (13.03%), Vitamin A: 457.76IU (9.16%), Vitamin B1: 0.14mg (9.12%), Vitamin B2: 0.15mg (8.72%), Copper: 0.17mg (8.69%), Zinc: 1.3mg (8.64%), Iron: 1.26mg (6.99%), Fiber: 1.44g (5.74%), Vitamin E: 0.63mg (4.22%), Vitamin B12: 0.23µg (3.82%), Calcium: 32.66mg (3.27%), Vitamin K: 2.71µg (2.58%), Folate: 8.27µg (2.07%)