



## Swiss Chicken

READY IN



55 min.

SERVINGS



8

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 10.8 ounce cream of chicken soup canned
- 2 cups seasoned bread crumbs italian
- 8 chicken breasts boneless skinless
- 8 slices swiss cheese
- 0.3 cup water

### Equipment

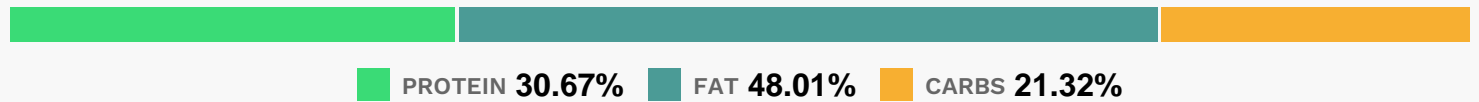
- oven

baking pan

## Directions

- Preheat oven to 350 degrees F(175 degrees C).
- In a 9x13 inch baking dish, layer the chicken breasts, soup and water. Top each breast with a slice of Swiss cheese, then top it all with the breadcrumbs.
- Cut the butter or margarine into pads and place them over the top of the casserole.
- Bake in the preheated oven for 45 minutes.
- Let cool and serve.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:19.93565223528%

## Nutrients (% of daily need)

Calories: 446.54kcal (22.33%), Fat: 23.54g (36.22%), Saturated Fat: 12.09g (75.57%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 22.06g (8.02%), Sugar: 1.94g (2.15%), Cholesterol: 121.98mg (40.66%), Sodium: 922.47mg (40.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.85g (67.69%), Selenium: 49.55µg (70.79%), Vitamin B3: 13.8mg (69%), Vitamin B6: 0.91mg (45.5%), Phosphorus: 403.19mg (40.32%), Vitamin B1: 0.37mg (24.54%), Calcium: 220.58mg (22.06%), Vitamin B5: 1.96mg (19.59%), Vitamin B2: 0.31mg (18.32%), Manganese: 0.34mg (16.95%), Vitamin K: 16.82µg (16.02%), Potassium: 521.54mg (14.9%), Vitamin B12: 0.87µg (14.48%), Vitamin A: 656.78IU (13.14%), Zinc: 1.95mg (13.01%), Iron: 2.32mg (12.9%), Magnesium: 50.7mg (12.67%), Folate: 42.94µg (10.73%), Copper: 0.16mg (8.1%), Vitamin E: 0.93mg (6.2%), Fiber: 1.47g (5.88%), Vitamin C: 2.2mg (2.67%)