

Swiss Chicken Bake

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chicken broth
- 10.8 ounce cream of mushroom soup canned
- 5 ounces mushrooms fresh sliced
- 0.3 cup parmesan
- 6 chicken breast halves boneless skinless
- 0.3 cup cream sour
- 2 cups swiss cheese shredded

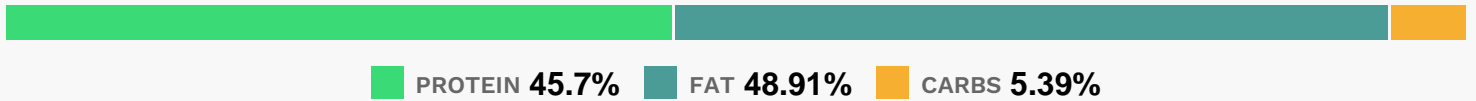
Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Place chicken in a large baking dish. Scatter mushrooms around and sprinkle with Swiss cheese. In a small bowl, combine cream of mushroom soup, sour cream, and chicken broth.
- Pour sauce mixture over chicken.
- Bake the chicken breasts in the preheated oven until no longer pink in the center and the juices run clear, about 50 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Remove from the oven and sprinkle with Parmesan cheese and return to oven.
- Bake for an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:19.553913271945%

Nutrients (% of daily need)

Calories: 342.38kcal (17.12%), Fat: 18.34g (28.22%), Saturated Fat: 9.47g (59.17%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.21g (1.53%), Sugar: 0.87g (0.97%), Cholesterol: 117.02mg (39.01%), Sodium: 665.03mg (28.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.56g (77.12%), Selenium: 50.52µg (72.18%), Vitamin B3: 13.16mg (65.8%), Phosphorus: 515.58mg (51.56%), Vitamin B6: 0.92mg (46.21%), Calcium: 388.19mg (38.82%), Vitamin B12: 1.48µg (24.6%), Vitamin B5: 2.27mg (22.67%), Vitamin B2: 0.38mg (22.54%), Zinc: 3.06mg (20.42%), Potassium: 600.36mg (17.15%), Magnesium: 49.83mg (12.46%), Copper: 0.23mg (11.43%), Manganese: 0.19mg (9.43%), Vitamin A: 425.14IU (8.5%), Vitamin B1: 0.11mg (7.41%), Iron: 0.99mg (5.48%), Folate: 16.2µg (4.05%), Vitamin E: 0.48mg (3.22%), Vitamin C: 1.94mg (2.35%), Fiber: 0.34g (1.35%), Vitamin D: 0.18µg (1.21%)