



Swiss Sherry Chicken

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



418 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 cup croutons
- ☐ 0.1 teaspoon dill weed dried
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup cooking sherry
- ☐ 6 chicken breasts boneless skinless
- ☐ 0.3 cup cup heavy whipping cream sour

☐ 6 slices swiss cheese

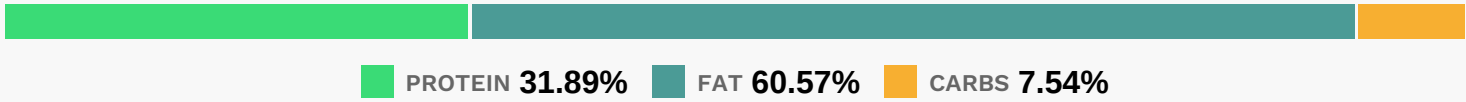
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place chicken in a 9x13 inch baking dish and season with salt and pepper to taste. Cover each chicken breast with a slice of cheese.
- ☐ In a medium bowl mix together the soup, sherry and sour cream, and pour mixture over chicken. Soften dill in melted butter; toss croutons in butter, and sprinkle them on top of chicken.
- ☐ Bake in the preheated oven for 45 minutes, or until chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:2.61, Inflammation Score:-6, Nutrition Score:16.267391396605%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 418.02kcal (20.9%), Fat: 26.95g (41.46%), Saturated Fat: 15.11g (94.44%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.19g (2.61%), Sugar: 0.53g (0.59%), Cholesterol: 136.99mg (45.66%), Sodium: 876.99mg (38.13%), Alcohol: 2.06g (100%), Alcohol %: 1.11% (100%), Protein: 31.92g (63.85%), Vitamin B3: 12.56mg (62.82%), Selenium: 43.72µg (62.45%), Vitamin B6: 0.89mg (44.74%), Phosphorus: 370.9mg (37.09%), Vitamin B5: 1.86mg

(18.63%), Calcium: 179.29mg (17.93%), Potassium: 531.82mg (15.19%), Vitamin B12: 0.87µg (14.55%), Vitamin A: 708.65IU (14.17%), Zinc: 2.08mg (13.84%), Vitamin B2: 0.23mg (13.78%), Manganese: 0.22mg (11.05%), Magnesium: 43.53mg (10.88%), Vitamin B1: 0.12mg (7.96%), Copper: 0.15mg (7.55%), Iron: 1.08mg (5.98%), Vitamin E: 0.79mg (5.28%), Folate: 17.55µg (4.39%), Vitamin K: 2.01µg (1.92%), Vitamin C: 1.45mg (1.76%), Fiber: 0.36g (1.44%)