



1-2-3 Portobello Chicken



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds portobello mushrooms diced
- ☐ 2 teaspoons turmeric
- ☐ 1 meat from a rotisserie chicken whole

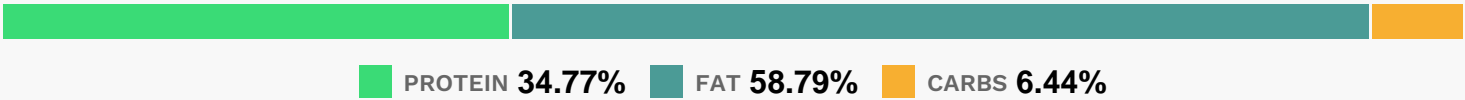
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 425 degrees.
- ☐ Place all ingredients in a baking pan just large enough to fit all ingredients snugly in one layer.
- ☐ Mix thoroughly, making sure the turmeric is coating the chicken and mushrooms.
- ☐ Place the chicken in the pan breast side down, mushrooms all around.
- ☐ Bake uncovered 1 hour.Turn the chicken over and bake 15 minutes longer.
- ☐ Let the chicken rest just a few minutes before cutting.
- ☐ Serve hot with all accumulated liquids.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:23.206087278283%

Nutrients (% of daily need)

Calories: 450.41kcal (22.52%), Fat: 29.37g (45.19%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 4.81g (1.75%), Sugar: 4.28g (4.76%), Cholesterol: 142.83mg (47.61%), Sodium: 149mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.09g (78.18%), Vitamin B3: 20.65mg (103.24%), Selenium: 59.11µg (84.44%), Vitamin B6: 0.94mg (46.81%), Phosphorus: 466.33mg (46.63%), Vitamin B5: 3.67mg (36.72%), Copper: 0.58mg (29.2%), Potassium: 1004.34mg (28.7%), Vitamin B2: 0.45mg (26.59%), Zinc: 3.44mg (22.93%), Folate: 59.44µg (14.86%), Iron: 2.66mg (14.75%), Vitamin B1: 0.22mg (14.41%), Manganese: 0.23mg (11.59%), Vitamin B12: 0.68µg (11.26%), Magnesium: 40.02mg (10%), Fiber: 2.42g (9.69%), Vitamin D: 0.89µg (5.94%), Vitamin A: 266.62IU (5.33%), Vitamin E: 0.64mg (4.24%), Vitamin C: 3.31mg (4.01%), Vitamin K: 2.99µg (2.85%), Calcium: 27.88mg (2.79%)