



Baked Lemon Chicken with Mushroom Sauce

READY IN



55 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 0.5 cup chicken broth
- 2 tablespoons flour all-purpose
- 3 cups mushrooms fresh sliced
- 1 tablespoon parsley fresh chopped
- 1 optional: lemon
- 1 tablespoon olive oil
- 6 chicken breast halves boneless skinless

Equipment

- frying pan
- oven
- glass baking pan

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Place the olive oil in an 8x8 glass baking dish.
- Place the chicken breasts in the dish, coating each side with oil. Squeeze the juice of 1/2 lemon over all. Slice the rest of the lemon and place a lemon slice on top of each chicken piece.
- Bake in the preheated oven for 30 to 40 minutes until brown.
- In a large skillet, melt the 1/4 cup butter or margarine.
- Add the sliced mushrooms. Cook and stir until the mushrooms are brown and have exuded their juices, about 6 minutes.
- Sprinkle with the flour and blend.
- Add the chicken broth, stirring to make a medium thick sauce. Allow to reduce, adjusting with a little more broth to make a creamy sauce.
- Add fresh parsley at the last minute. Spoon the sauce over the lemon baked chicken breasts. Delicious!

Nutrition Facts

 **PROTEIN 42.75%**  **FAT 48.61%**  **CARBS 8.64%**

Properties

Glycemic Index:35.75, Glycemic Load:2.04, Inflammation Score:-4, Nutrition Score:15.852608597797%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.35mg

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 243.56kcal (12.18%), Fat: 13.22g (20.34%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 4.21g (1.53%), Sugar: 1.5g (1.67%), Cholesterol: 93.05mg (31.02%), Sodium: 267.78mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.31%), Vitamin B3: 13.74mg (68.7%), Selenium: 41.72µg (59.6%), Vitamin B6: 0.91mg (45.63%), Phosphorus: 287.6mg (28.76%), Vitamin B5: 2.39mg (23.89%), Vitamin B2: 0.34mg (19.84%), Potassium: 607.77mg (17.36%), Vitamin C: 12.79mg (15.5%), Vitamin K: 13.23µg (12.6%), Copper: 0.2mg (9.87%), Vitamin B1: 0.14mg (9.55%), Magnesium: 36.41mg (9.1%), Vitamin A: 330.78IU (6.62%), Zinc: 0.96mg (6.42%), Vitamin E: 0.82mg (5.44%), Iron: 0.95mg (5.29%), Folate: 20.53µg (5.13%), Vitamin B12: 0.27µg (4.42%), Fiber: 1.07g (4.29%), Manganese: 0.07mg (3.6%), Calcium: 16.14mg (1.61%), Vitamin D: 0.21µg (1.39%)