



Baked Mushroom Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter divided
- 0.5 cup chicken broth
- 0.3 cup flour all-purpose
- 1 cup mushrooms fresh sliced
- 0.3 cup spring onion sliced
- 0.3 cup parmesan cheese grated
- 0.3 cup part-skim mozzarella cheese shredded
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

1 pound chicken breast halves boneless skinless

Equipment

frying pan

oven

baking pan

ziploc bags

Directions

Flatten each chicken breast half to 1/4-in. thickness.

Place flour in a resealable plastic bag; add chicken, a few pieces at a time. Seal and shake to coat.

In a large skillet, brown chicken in 2 tablespoons butter on both sides.

Transfer to a greased 11-in. x 7-in. baking dish. In the same skillet, saute mushrooms in the remaining butter until tender.

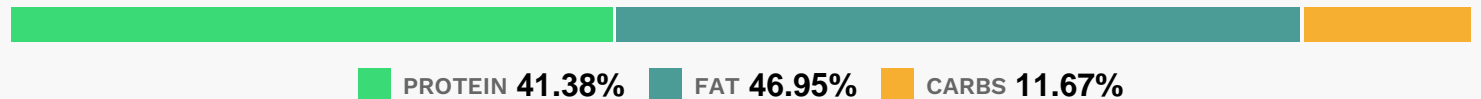
Add the broth, salt and pepper. Bring to a boil; cook for 5 minutes or until liquid is reduced to 1/2 cup. Spoon over chicken.

Bake, uncovered, at 375° for 15 minutes or until chicken is no longer pink.

Sprinkle with cheeses and green onions.

Bake 5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:4.59, Inflammation Score:-5, Nutrition Score:16.739130341488%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 300.99kcal (15.05%), Fat: 15.51g (23.85%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 8.04g (2.92%), Sugar: 0.89g (0.98%), Cholesterol: 108.96mg (36.32%), Sodium: 659.36mg (28.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.75g (61.5%), Vitamin B3: 13.27mg (66.37%), Selenium: 45.69µg (65.27%), Vitamin B6: 0.9mg (44.77%), Phosphorus: 369.37mg (36.94%), Vitamin B5: 2.06mg (20.64%), Vitamin B2: 0.33mg (19.5%), Calcium: 162.78mg (16.28%), Potassium: 553.34mg (15.81%), Vitamin K: 14.32µg (13.63%), Vitamin B1: 0.17mg (11.16%), Magnesium: 40.29mg (10.07%), Zinc: 1.51mg (10.07%), Vitamin A: 476.63IU (9.53%), Vitamin B12: 0.45µg (7.49%), Folate: 28.58µg (7.14%), Copper: 0.13mg (6.72%), Manganese: 0.12mg (6.07%), Iron: 1.08mg (6.01%), Vitamin E: 0.57mg (3.79%), Vitamin C: 3.04mg (3.68%), Fiber: 0.63g (2.52%), Vitamin D: 0.23µg (1.54%)