



## Baked Mushroom Thighs

READY IN



60 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter melted
- 8 strips.
- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon cornstarch
- 1 teaspoon parsley dried
- 1 cup breadcrumbs dry
- 10 ounces milk
- 0.5 teaspoon onion powder

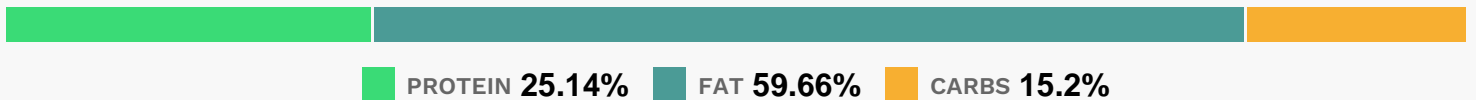
## Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Pour the soup into a medium bowl. Fill the empty can with milk, and add to the bowl along with the parsley and onion powder.
- Mix well.
- Place bread crumbs in a shallow dish or bowl; dip chicken thighs in soup mixture, then in crumbs, and place coated pieces in a lightly greased 9x13 inch baking dish.
- Drizzle with melted butter and bake in preheated oven until chicken is nicely browned and cooked through (juices run clear), about 45 minutes.
- Meanwhile, place remaining soup mixture in a small saucepan and whisk in cornstarch. Cook over medium heat, stirring occasionally, until mixture comes to a boil; reduce heat and simmer for a minute or two until sauce thickens. Use this as a sauce when chicken is done.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:23.83130444068%

## Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

## Nutrients (% of daily need)

Calories: 743.61kcal (37.18%), Fat: 48.75g (75%), Saturated Fat: 16.28g (101.73%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 26.53g (9.65%), Sugar: 5.11g (5.67%), Cholesterol: 248.84mg (82.95%), Sodium: 984.12mg (42.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.23g (92.46%), Selenium: 50.54µg (72.19%), Vitamin B3: 13.05mg (65.26%), Phosphorus: 497.97mg (49.8%), Vitamin B6: 0.88mg (44.19%), Vitamin B12: 2.06µg (34.29%), Vitamin B2: 0.55mg (32.58%), Vitamin B1: 0.48mg (32.32%), Zinc: 4.36mg (29.09%), Vitamin B5: 2.86mg (28.64%), Manganese: 0.52mg (26.08%), Potassium: 723.36mg (20.67%), Iron: 3.37mg (18.73%), Magnesium: 68.93mg (17.23%), Copper: 0.34mg (16.96%), Calcium: 160.65mg (16.06%), Folate: 41.42µg (10.35%), Vitamin A: 466.51IU (9.33%), Vitamin K: 7.58µg (7.22%), Vitamin D: 1.01µg (6.7%), Fiber: 1.42g (5.67%), Vitamin E: 0.7mg (4.65%)