



## Bumpy Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon balsamic vinegar
- 2 tablespoons capers drained
- 2 tablespoons dijon mustard
- 3 large cloves garlic minced
- 0.3 teaspoon hot sauce
- 2 tablespoons regular mayonnaise reduced-fat
- 6 oz mushrooms finely chopped
- 6 oz onion chopped

- 4 servings parsley sprigs
- 4 servings salt
- 24 oz chicken breast halves boneless skinless

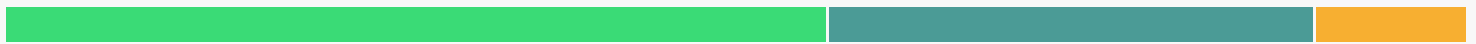
## Equipment

- frying pan
- oven
- baking pan

## Directions

- In a 10- to 12-inch nonstick frying pan, stir mushrooms, onion, and garlic over medium-high heat until mushrooms begin to brown, 8 to 10 minutes.
- Meanwhile, rinse chicken and pat dry.
- Place breasts in a 9- by 13-inch baking dish and bake, uncovered, in a 375 oven for 10 minutes.
- When the mushroom mixture is done, remove it from the heat. Stir in the mustard, capers, vinegar, hot sauce, and mayonnaise.
- Spread the mushroom mixture over the chicken and continue baking until chicken is no longer pink in center of the thickest part (cut to test), 15 to 20 minutes longer.
- Transfer to plates and garnish with parsley sprigs.
- Add salt to taste.

## Nutrition Facts



PROTEIN 56.24% FAT 33.27% CARBS 10.49%

## Properties

Glycemic Index:63.25, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:24.821739030921%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin:

0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 15.58mg, Quercetin: 15.58mg, Quercetin: 15.58mg, Quercetin: 15.58mg

## Nutrients (% of daily need)

Calories: 279.29kcal (13.96%), Fat: 10.16g (15.63%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 5.43g (1.97%), Sugar: 3.05g (3.39%), Cholesterol: 111.8mg (37.27%), Sodium: 642.16mg (27.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.64g (77.29%), Vitamin B3: 19.46mg (97.31%), Selenium: 61.68µg (88.12%), Vitamin K: 78.66µg (74.92%), Vitamin B6: 1.41mg (70.39%), Phosphorus: 422.1mg (42.21%), Vitamin B5: 3.18mg (31.78%), Potassium: 873.9mg (24.97%), Vitamin B2: 0.37mg (21.82%), Vitamin C: 12.49mg (15.14%), Magnesium: 60.02mg (15.01%), Vitamin B1: 0.19mg (12.43%), Copper: 0.23mg (11.64%), Zinc: 1.42mg (9.48%), Manganese: 0.18mg (9.08%), Vitamin A: 404.84IU (8.1%), Iron: 1.43mg (7.95%), Folate: 30.07µg (7.52%), Fiber: 1.78g (7.11%), Vitamin B12: 0.37µg (6.09%), Vitamin E: 0.66mg (4.39%), Calcium: 36.52mg (3.65%), Vitamin D: 0.27µg (1.79%)