



## Chicken-and-Mushroom Ragoût

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 14.5 ounce canned tomatoes italian-style drained canned
- ☐ 1 ounce parmesan cheese shredded finely
- ☐ 16 ounce polenta refrigerated
- ☐ 1 large portobello mushroom fresh white sliced
- ☐ 3 chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 1.3 ounce bearnaise sauce mix

### Equipment

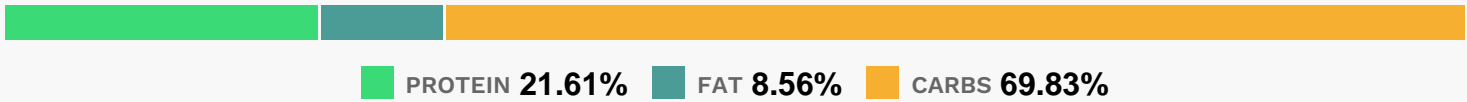
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 45
- ☐ Tear off 4 (12- x 18-inch) foil sheets.
- ☐ Toss together chicken, mushroom slices, and sauce mix; place one-fourth of mixture in center of each foil sheet. Top evenly with tomatoes.
- ☐ Bring up 2 sides of each foil sheet, and double fold with about 1-inch-wide folds. Double fold each end to form a packet, leaving room for heat circulation inside packet.
- ☐ Place packets on a baking sheet.
- ☐ Bake at 450 for 15 minutes.
- ☐ Cook polenta according to package directions.
- ☐ Open foil packets carefully, allowing steam to escape; spoon ragot over polenta.
- ☐ Sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:20.226956398591%

## Nutrients (% of daily need)

Calories: 610.29kcal (30.51%), Fat: 5.75g (8.84%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 105.44g (35.15%), Net Carbohydrates: 101.4g (36.87%), Sugar: 9.15g (10.17%), Cholesterol: 59.06mg (19.69%), Sodium: 350.97mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.63g (65.27%), Selenium: 52.51µg (75.02%), Vitamin B3: 12.42mg (62.09%), Vitamin B6: 0.99mg (49.66%), Phosphorus: 365.51mg (36.55%), Potassium: 853mg (24.37%), Vitamin B5: 2.31mg (23.15%), Vitamin B1: 0.29mg (19.59%), Magnesium: 76.32mg (19.08%), Copper: 0.36mg (17.92%), Manganese: 0.34mg (16.84%), Fiber: 4.04g (16.16%), Iron: 2.91mg (16.15%), Vitamin B2: 0.23mg (13.79%), Vitamin C: 10.47mg (12.69%), Calcium: 125.99mg (12.6%), Vitamin A: 544.4IU (10.89%), Zinc: 1.54mg (10.27%), Vitamin E: 1.47mg (9.77%), Folate: 28.8µg (7.2%), Vitamin K: 6.08µg (5.79%), Vitamin B12: 0.26µg (4.42%), Vitamin D: 0.18µg (1.22%)