



## Chicken and Mushroom Saute

READY IN



45 min.

SERVINGS



2

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons butter
- 4.5 ounce mushrooms drained canned
- 1 packet chicken soup base
- 2 chicken breast halves - pounded boneless skinless thin
- 1 teaspoon cornstarch
- 0.5 teaspoon parsley dried
- 0.3 cup flour all-purpose
- 0.3 teaspoon garlic powder
- 2 servings salt and ground pepper black to taste

2 teaspoons vegetable oil

1 cup water

## Equipment

frying pan

wax paper

## Directions

Season flour with salt and pepper. Dredge chicken in seasoned flour onto a sheet of wax paper. In a nonstick skillet, combine the vegetable oil and butter or margarine and heat over medium high heat until bubbly and hot.

Add chicken and cook until lightly browned on both sides and cooked through, 3 to 4 minutes.

Remove chicken and set aside.

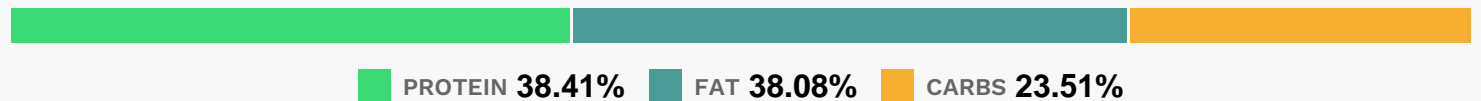
To the same skillet, add the mushrooms and saute for about 5 minutes.

Combine the water, broth mix, cornstarch, parsley, garlic powder, salt and pepper and add to the skillet. Cook, stirring frequently, until liquid is thickened, 1 to 2 minutes.

Return chicken to the skillet and cook until chicken is heated through, 1 to 2 minutes.

Serve.

## Nutrition Facts



## Properties

Glycemic Index:81, Glycemic Load:8.65, Inflammation Score:-4, Nutrition Score:16.012608885765%

## 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: 283.98kcal (14.2%), Fat: 11.9g (18.3%), Saturated Fat: 3.97g (24.78%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 14.5g (5.27%), Sugar: 1.64g (1.82%), Cholesterol: 83.14mg (27.71%), Sodium: 560.37mg (24.36%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27g (54.01%), Vitamin B3: 13.75mg (68.73%), Selenium: 44.39µg (63.41%), Vitamin B6: 0.9mg (44.98%), Phosphorus: 300.25mg (30.03%), Vitamin B5: 2.21mg (22.09%), Vitamin B1: 0.25mg (16.78%), Potassium: 526.35mg (15.04%), Vitamin B2: 0.21mg (12.28%), Copper: 0.23mg (11.29%), Magnesium: 44.54mg (11.13%), Folate: 41.32µg (10.33%), Manganese: 0.2mg (9.93%), Iron: 1.7mg (9.42%), Vitamin K: 9.4µg (8.96%), Zinc: 1.26mg (8.37%), Fiber: 2.03g (8.11%), Vitamin E: 0.72mg (4.82%), Vitamin B12: 0.24µg (3.93%), Vitamin A: 159.89IU (3.2%), Calcium: 21.74mg (2.17%), Vitamin C: 1.4mg (1.69%), Vitamin D: 0.24µg (1.6%)