



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

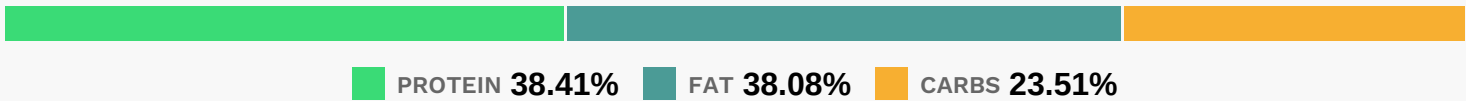
Equipment

- ☐ 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: Og (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%)