



Chicken and Mushrooms



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1.5 lb chicken thighs bone-in
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 0.8 oz gravy
- ☐ 1.3 cups water
- ☐ 1 serving potatoes mashed for 4 servings (enough)

☐ 1 serving potatoes for on potato mix box

Equipment

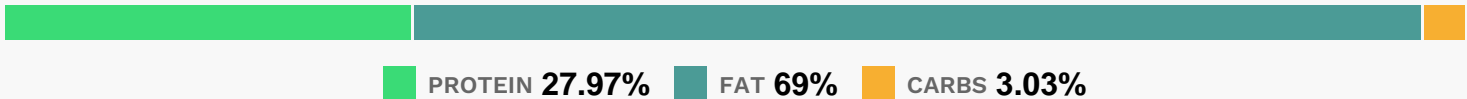
☐ frying pan

☐ whisk

Directions

- ☐ In 10-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add chicken; sprinkle with salt and pepper. Cook about 5 minutes or until browned. Reduce heat to medium; add mushrooms. Cook 8 to 12 minutes, turning occasionally, until mushrooms are tender.
- ☐ Remove chicken and mushrooms from skillet; drain if necessary. Cover to keep warm.
- ☐ To same skillet, add gravy mix and 1 1/4 cups water.
- ☐ Heat to boiling over medium heat, stirring frequently with wire whisk. Return chicken and mushrooms to skillet. Reduce heat to low. Cover; cook 10 to 15 minutes or until sauce is thickened and juice of chicken is clear when thickest part is cut to bone (at least 165°F).
- ☐ Meanwhile, make potatoes as directed on box, using water, milk butter and salt.
- ☐ Serve chicken and mushrooms with mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:57.88, Glycemic Load:0.5, Inflammation Score:-2, Nutrition Score:13.257826079493%

Nutrients (% of daily need)

Calories: 363.47kcal (18.17%), Fat: 27.81g (42.79%), Saturated Fat: 7.04g (43.99%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.23g (1.36%), Cholesterol: 142.15mg (47.38%), Sodium: 434.99mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.73%), Selenium: 32.32µg (46.18%), Vitamin B3: 8.77mg (43.85%), Vitamin B6: 0.56mg (27.85%), Phosphorus: 277.88mg (27.79%), Vitamin B2: 0.42mg (24.67%), Vitamin B5: 2.32mg (23.23%), Vitamin B12: 0.95µg (15.8%), Zinc: 2.11mg (14.1%), Potassium: 482.22mg (13.78%), Copper: 0.27mg (13.5%), Vitamin B1: 0.15mg (10.24%), Magnesium: 33.86mg (8.47%), Iron: 1.3mg (7.24%), Vitamin E: 0.82mg (5.44%), Vitamin K: 5.56µg (5.3%), Manganese: 0.08mg (4.16%), Folate: 14.1µg (3.52%), Fiber: 0.64g

(2.56%), Vitamin A: 114.15IU (2.28%), Vitamin D: 0.26µg (1.72%), Calcium: 16.87mg (1.69%), Vitamin C: 1.29mg (1.56%)