



Chicken and Mushrooms



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 0.8 oz frangelico
- ☐ 0.8 oz frangelico

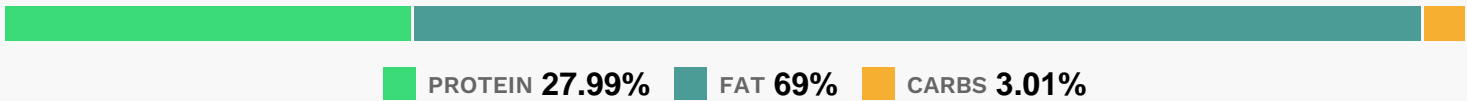
Equipment

- ☐ 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 165F).
- ☐ 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:0.7, Inflammation Score:-2, Nutrition Score:13.330434918404%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 362.22kcal (18.11%), Fat: 27.72g (42.64%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.14g (1.27%), Cholesterol: 141.69mg (47.23%), Sodium: 408.79mg

(17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.3g (50.6%), Selenium: 32.33µg (46.18%), Vitamin B3: 8.79mg (43.93%), Vitamin B6: 0.56mg (28.08%), Phosphorus: 278.74mg (27.87%), Vitamin B2: 0.42mg (24.7%), Vitamin B5: 2.33mg (23.27%), Vitamin B12: 0.95µg (15.8%), Zinc: 2.12mg (14.13%), Potassium: 488.53mg (13.96%), Copper: 0.27mg (13.58%), Vitamin B1: 0.15mg (10.32%), Magnesium: 34.21mg (8.55%), Iron: 1.31mg (7.3%), Vitamin E: 0.82mg (5.44%), Vitamin K: 5.59µg (5.32%), Manganese: 0.09mg (4.27%), Folate: 14.34µg (3.58%), Fiber: 0.67g (2.7%), Vitamin A: 114.18IU (2.28%), Vitamin C: 1.58mg (1.92%), Vitamin D: 0.26µg (1.72%), Calcium: 17.05mg (1.7%)