



Chicken and Mushrooms in Garlic White Wine Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup wine dry white
- ☐ 4 ounces extra wide egg noodles uncooked
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons flour all-purpose divided
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 1 tablespoon garlic fresh minced
- ☐ 8 ounce mushrooms (such as shiitake, cremini, and oyster)

- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 cup parmesan shaved
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound chicken breast halves boneless skinless

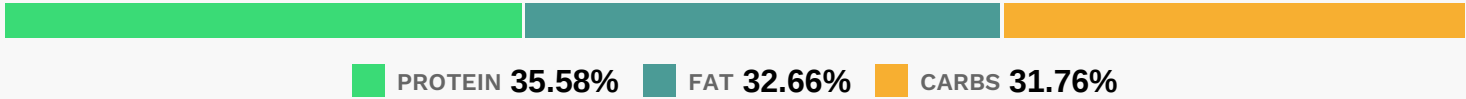
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain and keep warm.
- ☐ Cut chicken into 1-inch pieces.
- ☐ Place chicken breast halves in a shallow dish.
- ☐ Combine 1 tablespoon flour, 1/4 teaspoon salt, and 1/8 teaspoon pepper, stirring well with a whisk.
- ☐ Sprinkle flour mixture over chicken; toss to coat.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; saut 4 minutes or until browned.
- ☐ Remove chicken from pan.
- ☐ Add remaining 1 tablespoon oil to pan.
- ☐ Add garlic, tarragon, and mushrooms to pan; saut for 3 minutes or until liquid evaporates and mushrooms darken.
- ☐ Add white wine to pan; cook 1 minute. Stir in remaining 1 tablespoon flour; cook 1 minute, stirring constantly. Stir in broth, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon pepper; cook 1 minute or until slightly thick, stirring frequently.
- ☐ Return chicken to the pan. Cover and simmer 2 minutes. Uncover; cook 1 minute or until chicken is done. Stir in noodles; cook 1 minute or until thoroughly heated.
- ☐ Place about 1 1/2 cups chicken mixture on each of 4 plates; top each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:81.25, Glycemic Load:11.85, Inflammation Score:-5, Nutrition Score:21.070000119831%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 387.95kcal (19.4%), Fat: 13.22g (20.34%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 26.37g (9.59%), Sugar: 2.29g (2.55%), Cholesterol: 100.64mg (33.55%), Sodium: 651.85mg (28.34%), Alcohol: 3.09g (100%), Alcohol %: 1.41% (100%), Protein: 32.41g (64.82%), Selenium: 65.5µg (93.58%), Vitamin B3: 15.11mg (75.55%), Vitamin B6: 1.14mg (57.01%), Phosphorus: 430.73mg (43.07%), Vitamin B5: 2.83mg (28.31%), Manganese: 0.54mg (27.24%), Potassium: 725.6mg (20.73%), Vitamin B2: 0.32mg (18.87%), Magnesium: 66.58mg (16.65%), Zinc: 2.07mg (13.81%), Vitamin B1: 0.17mg (11.34%), Copper: 0.22mg (11.03%), Calcium: 105.24mg (10.52%), Fiber: 2.56g (10.26%), Iron: 1.79mg (9.92%), Vitamin E: 1.35mg (8.98%), Folate: 29.46µg (7.37%), Vitamin B12: 0.44µg (7.35%), Vitamin K: 5.06µg (4.82%), Vitamin D: 0.46µg (3.04%), Vitamin C: 2.23mg (2.71%), Vitamin A: 122.27IU (2.45%)