



Chicken and Shrimp

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cooking wine dry white
- 3 tablespoons flour all-purpose divided
- 8 ounce mushrooms fresh sliced
- 2 cloves garlic chopped
- 6 servings ground pepper black to taste
- 5 tablespoons olive oil divided
- 1 onion chopped
- 1.3 teaspoons salt divided

- 1 pound shrimp deveined peeled
- 4 chicken breast halves boneless skinless cut into 1 inch cubes
- 1.3 cups water

Equipment

- bowl
- frying pan
- slotted spoon

Directions

- Heat 1 tablespoon oil in a large skillet over medium high heat.
- Saute mushrooms until golden; remove from skillet with a slotted spoon and set aside.
- Add another 2 tablespoons oil to skillet.
- Saute onion, garlic and shrimp until opaque.
- Remove from skillet and add to mushrooms.
- In a shallow dish or bowl mix 2 tablespoons flour with 3/4 teaspoon salt. Dredge chicken in flour to coat.
- Add 1 tablespoon oil to skillet and saute chicken in oil for 3 to 5 minutes or until no longer pink.
- Add chicken to mushroom/shrimp mixture.
- Heat 1 tablespoon oil in skillet and stir in 1 tablespoon flour. Cook about 30 seconds, stirring constantly, until brown. Stir in wine, 1/2 teaspoon salt and water. Boil for 1 minute.
- Reduce heat to medium low and return shrimp and chicken mixture to skillet. Simmer for about 10 minutes, season with pepper and serve.

Nutrition Facts

PROTEIN **46.24%** FAT **44.72%** CARBS **9.04%**

Properties

Glycemic Index:35.17, Glycemic Load:2.87, Inflammation Score:-3, Nutrition Score:13.926956455345%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 292.51kcal (14.63%), Fat: 14.2g (21.84%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.62g (2.05%), Sugar: 1.64g (1.83%), Cholesterol: 169.93mg (56.64%), Sodium: 667.91mg (29.04%), Alcohol: 1.03g (100%), Alcohol %: 0.46% (100%), Protein: 33.03g (66.05%), Vitamin B3: 9.48mg (47.42%), Selenium: 29.14µg (41.63%), Phosphorus: 365.34mg (36.53%), Vitamin B6: 0.64mg (32.24%), Copper: 0.46mg (23.08%), Potassium: 641.95mg (18.34%), Vitamin B5: 1.69mg (16.9%), Vitamin B2: 0.25mg (14.91%), Magnesium: 54.03mg (13.51%), Vitamin E: 1.83mg (12.23%), Zinc: 1.73mg (11.57%), Vitamin B1: 0.12mg (7.95%), Manganese: 0.15mg (7.28%), Vitamin K: 7.48µg (7.12%), Iron: 1.2mg (6.65%), Calcium: 63.11mg (6.31%), Folate: 19.93µg (4.98%), Vitamin C: 3.37mg (4.08%), Fiber: 0.84g (3.35%), Vitamin B12: 0.17µg (2.76%), Vitamin D: 0.15µg (1.01%)