



Chicken Breasts with Mushroom Sauce

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter divided
- ☐ 4 ounces button mushrooms thinly sliced
- ☐ 4.5 cups extra wide egg noodles hot cooked
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 4 ounces morel mushrooms
- ☐ 0.5 teaspoon salt
- ☐ 36 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup whipping cream

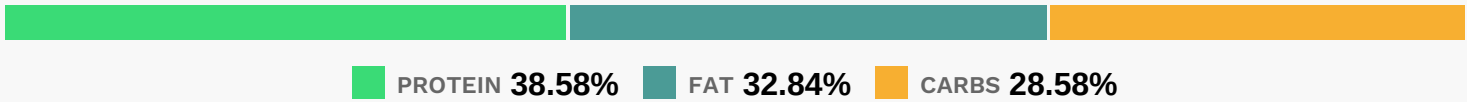
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Heat 2 teaspoons butter in a large nonstick skillet over medium heat.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Add 2 breast halves to pan, and cook for 3 minutes on each side or until done. Repeat procedure twice with 4 teaspoons butter and remaining chicken. Keep warm.
- ☐ Melt remaining 1 tablespoon butter in pan over medium-high heat.
- ☐ Add mushrooms to pan; saut 5 minutes or until moisture evaporates, stirring frequently.
- ☐ Remove mushroom mixture from pan.
- ☐ Add broth to pan; bring to a boil, scraping pan to loosen browned bits. Cook until reduced to 1 cup (about 5 minutes). Return mushroom mixture to pan. Stir in cream; cook 2 minutes or until slightly thick, stirring occasionally.
- ☐ Place 3/4 cup egg noodles on each of 6 plates.
- ☐ Cut each chicken breast half into 1-inch-thick strips. Top each serving with 1 chicken breast half and about 1/3 cup mushroom mixture.
- ☐ Garnish each serving with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:14.66, Inflammation Score:-5, Nutrition Score:24.609130424002%

Nutrients (% of daily need)

Calories: 456.67kcal (22.83%), Fat: 16.45g (25.31%), Saturated Fat: 7.37g (46.06%), Carbohydrates: 32.22g (10.74%), Net Carbohydrates: 30.04g (10.92%), Sugar: 1.38g (1.53%), Cholesterol: 169.92mg (56.64%), Sodium: 759.2mg (33.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.49g (86.98%), Selenium: 87.32µg (124.74%), Vitamin B3: 19.76mg (98.81%), Vitamin B6: 1.39mg (69.46%), Phosphorus: 517.21mg (51.72%), Vitamin B5: 3.23mg (32.31%), Manganese: 0.54mg (27.14%), Potassium: 847.69mg (24.22%), Iron: 3.87mg (21.52%), Vitamin B2: 0.35mg (20.35%), Magnesium: 76.46mg (19.11%), Copper: 0.36mg (17.92%), Zinc: 2.3mg (15.3%), Vitamin B1: 0.18mg (12.06%), Vitamin B12: 0.63µg (10.58%), Vitamin D: 1.45µg (9.67%), Fiber: 2.18g (8.72%), Vitamin A: 397.39IU (7.95%), Folate: 21.5µg (5.37%), Vitamin E: 0.78mg (5.22%), Calcium: 43.34mg (4.33%), Vitamin C: 2.5mg (3.03%), Vitamin K: 1.28µg (1.22%)