



Chicken Breasts with Mushrooms and Asparagus

READY IN



30 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 4 slices bread french toasted
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons capers drained
- ☐ 1.5 lb chicken breast
- ☐ 0.3 cup parsley fresh loosely packed chopped
- ☐ 8 oz mushrooms fresh sliced
- ☐ 3 garlic clove sliced

- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon pepper red crushed (such as McCormick Perfect Pinch)
- ☐ 4 tablespoons olive oil

Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a rolling pin or meat mallet.
- ☐ Sprinkle with seasoning and salt.
- ☐ Grill chicken, covered with grill lid, 4 to 5 minutes.
- ☐ Add green onions to grill (if desired), and grill chicken and onions 4 to 5 minutes or until chicken is browned and done.
- ☐ Snap off and discard tough ends of asparagus. Cook asparagus and next 2 ingredients in hot oil in a large nonstick skillet over medium-high heat, stirring often, 3 to 4 minutes or until asparagus is crisp-tender.
- ☐ Add capers and lemon juice; cook 1 to 2 minutes, stirring to loosen browned bits from bottom of skillet.
- ☐ Remove from heat; stir in dill and butter, stirring until butter melts.
- ☐ Place chicken and onions on bread, and top with sauce.

Nutrition Facts



Properties

Glycemic Index:72.13, Glycemic Load:27.03, Inflammation Score:-9, Nutrition Score:39.226956227551%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 6.89mg, Kaempferol: 6.89mg, Kaempferol: 6.89mg, Kaempferol: 6.89mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 22.83mg, Quercetin: 22.83mg, Quercetin: 22.83mg, Quercetin: 22.83mg

Nutrients (% of daily need)

Calories: 586.88kcal (29.34%), Fat: 26.09g (40.13%), Saturated Fat: 6.94g (43.37%), Carbohydrates: 41.8g (13.93%), Net Carbohydrates: 36.87g (13.41%), Sugar: 6.48g (7.2%), Cholesterol: 123.91mg (41.3%), Sodium: 1327.87mg (57.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.81g (95.62%), Vitamin B3: 24.09mg (120.47%), Selenium: 81.12µg (115.88%), Vitamin K: 121.04µg (115.28%), Vitamin B6: 1.54mg (77.17%), Phosphorus: 542.01mg (54.2%), Vitamin B1: 0.78mg (52.2%), Vitamin B2: 0.85mg (49.89%), Folate: 162.7µg (40.67%), Vitamin B5: 3.86mg (38.58%), Manganese: 0.74mg (37.17%), Iron: 6.37mg (35.37%), Potassium: 1167.96mg (33.37%), Copper: 0.58mg (29%), Vitamin A: 1410.79IU (28.22%), Vitamin E: 4.01mg (26.73%), Magnesium: 91.76mg (22.94%), Vitamin C: 18.35mg (22.24%), Fiber: 4.93g (19.72%), Zinc: 2.66mg (17.75%), Calcium: 88.61mg (8.86%), Vitamin B12: 0.37µg (6.25%), Vitamin D: 0.28µg (1.89%)