



Chicken Dijon in Pastry Shells

READY IN



65 min.

SERVINGS



6

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups broccoli
- 2 tablespoons butter
- 10.8 ounce cream of mushroom soup fat free 98% canned (Regular or)
- 2 tablespoons dijon mustard
- 0.3 cup milk
- 1.5 cups mushrooms sliced
- 1.5 cups mushrooms sliced
- 10 ounce puff pastry shells prepared pepperidge farm®
- 16 ounce chicken breast halves boneless skinless cut into strips

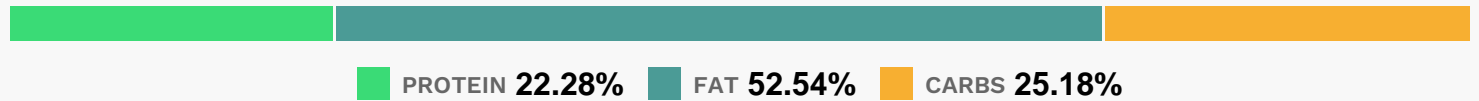
Equipment

frying pan

Directions

- Heat 1 tablespoon butter in a 10-inch skillet over medium-high heat.
- Add the chicken and cook until well browned and cooked through, stirring often.
- Remove the chicken from the skillet.
- Heat the remaining butter in the skillet over medium heat.
- Add the broccoli and mushrooms and cook until the vegetables are tender, stirring occasionally.
- Stir the soup, milk and mustard into the skillet and heat to a boil. Return the chicken to the skillet and cook until the mixture is hot and bubbling. Spoon the chicken mixture into the pastry shells.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:12.37, Inflammation Score:-5, Nutrition Score:19.55565226078%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 438.16kcal (21.91%), Fat: 25.7g (39.54%), Saturated Fat: 8.24g (51.52%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 25.64g (9.32%), Sugar: 2.24g (2.49%), Cholesterol: 62.18mg (20.73%), Sodium: 664mg (28.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.52g (49.05%), Vitamin B3: 12.23mg (61.13%), Selenium: 42.58µg (60.83%), Vitamin B6: 0.69mg (34.73%), Vitamin K: 30.63µg (29.17%), Vitamin B2: 0.48mg (28.08%), Phosphorus: 274.43mg (27.44%), Vitamin C: 21.56mg (26.13%), Manganese: 0.48mg (24.22%), Vitamin B1: 0.32mg (21.1%), Vitamin B5: 2.08mg (20.76%), Potassium: 618.57mg (17.67%), Copper: 0.34mg (17.15%), Folate: 65.94µg (16.49%), Iron: 2.33mg (12.92%), Zinc: 1.67mg (11.1%), Magnesium: 43.42mg (10.86%), Fiber: 2.08g (8.31%), Vitamin A: 296.85IU (5.94%), Vitamin B12: 0.31µg (5.24%), Vitamin E: 0.71mg (4.71%), Calcium: 39.09mg (3.91%),

Vitamin D: 0.28µg (1.89%)