



Chicken Georgia

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

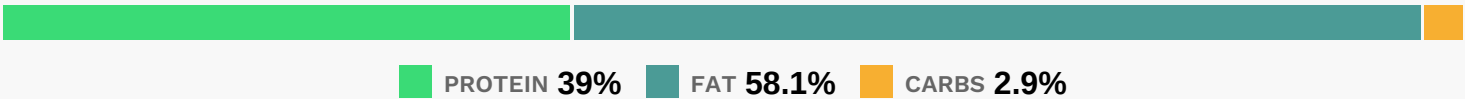
- ☐ 4 tablespoons butter
- ☐ 1 cup mushrooms fresh sliced
- ☐ 4 ounces mozzarella cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 4 chicken breast halves boneless skinless

Equipment

Directions

- ☐ Melt butter over medium heat.
- ☐ Add mushrooms and shallots and sprinkle with salt and pepper. Cook 10 minutes.
- ☐ Add chicken and cook 10 minutes on each side, or until tender.
- ☐ Transfer chicken to platter and sprinkle with grated cheese. Top with mushroom mixture. Cook and let stand 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:10.396956521532%

Nutrients (% of daily need)

Calories: 215.63kcal (10.78%), Fat: 13.81g (21.24%), Saturated Fat: 7.72g (48.25%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.78g (0.87%), Cholesterol: 83.21mg (27.74%), Sodium: 364.01mg (15.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.7%), Vitamin B3: 8.47mg (42.33%), Selenium: 28.95µg (41.35%), Vitamin B6: 0.6mg (30%), Phosphorus: 243.24mg (24.32%), Vitamin B5: 1.36mg (13.61%), Vitamin B2: 0.2mg (11.6%), Calcium: 103.59mg (10.36%), Potassium: 358.48mg (10.24%), Vitamin B12: 0.6µg (10.06%), Vitamin A: 384.19IU (7.68%), Zinc: 1.1mg (7.3%), Magnesium: 25.84mg (6.46%), Vitamin B1: 0.07mg (4.63%), Copper: 0.08mg (3.87%), Iron: 0.49mg (2.74%), Vitamin E: 0.4mg (2.66%), Manganese: 0.05mg (2.26%), Folate: 8.48µg (2.12%), Vitamin C: 1.51mg (1.83%), Vitamin K: 1.4µg (1.34%), Vitamin D: 0.18µg (1.22%), Fiber: 0.29g (1.15%)