

Chicken in a Pot

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chicken broth
- ☐ 3 tablespoons bread crumbs dry
- ☐ 2 cups mushrooms fresh sliced
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.1 teaspoon salt

- ☐ 4 chicken breast halves boneless skinless
- ☐ 1.5 tablespoons tomato paste

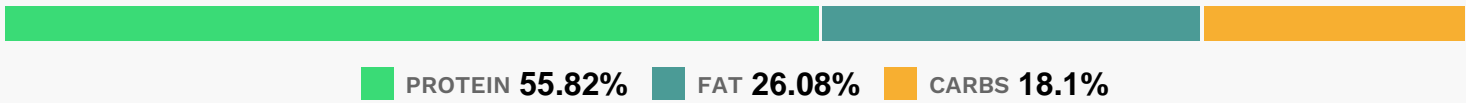
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, combine the broth, tomato paste, ground black pepper, oregano, salt and garlic.
- ☐ Mix well and set aside.
- ☐ Dredge the chicken in the bread crumbs, coating well.
- ☐ Heat the oil in a large skillet over medium high heat.
- ☐ Saute the chicken in the oil for 2 minutes per side, or until lightly browned.
- ☐ Add the reserved broth mixture and the mushrooms to the skillet and bring to a boil. Then cover, reduce heat to low and simmer for 20 minutes.
- ☐ Remove chicken and set aside, covering to keep it warm.
- ☐ Bring broth mixture to a boil and cook for 4 minutes, or until reduced to desired thickness. Spoon sauce over the chicken and serve.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:16.117826021236%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 196.34kcal (9.82%), Fat: 5.63g (8.66%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 7.58g (2.75%), Sugar: 2.35g (2.62%), Cholesterol: 73.2mg (24.4%), Sodium: 472.18mg (20.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.2%), Vitamin B3: 14.32mg (71.58%), Selenium: 43.13µg (61.62%), Vitamin B6: 0.93mg (46.53%), Phosphorus: 299.41mg (29.94%), Vitamin B5: 2.39mg (23.91%), Vitamin B2: 0.37mg (21.98%), Potassium: 662.07mg (18.92%), Vitamin B1: 0.2mg (13.24%), Copper: 0.24mg (11.82%), Magnesium: 40.96mg (10.24%), Manganese: 0.19mg (9.4%), Iron: 1.36mg (7.55%), Zinc: 1.1mg (7.33%), Vitamin E: 0.84mg (5.58%), Folate: 22.06µg (5.52%), Fiber: 1.22g (4.87%), Vitamin C: 3.92mg (4.75%), Vitamin B12: 0.28µg (4.67%), Vitamin K: 4.38µg (4.17%), Calcium: 30.71mg (3.07%), Vitamin A: 131.29IU (2.63%), Vitamin D: 0.21µg (1.39%)