



Chicken in Brandy Cream Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



362 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup chicken broth
- ☐ 0.5 cup whipping cream (heavy)
- ☐ 1 serving nests of spinach fettuccine hot cooked

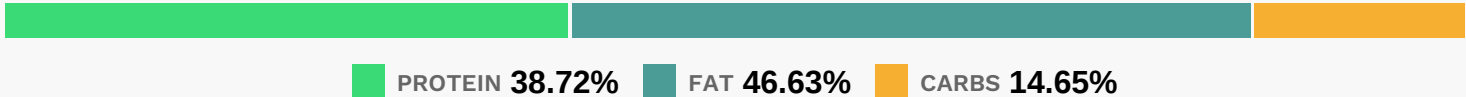
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil 10 to 15 minutes, turning once, until chicken is clear when center of thickest part is cut (170°F).
- ☐ Stir in mushrooms, onions, salt and brandy. Cook 4 to 5 minutes or until mushrooms are tender and most of the liquid has evaporated.
- ☐ Gradually stir in whipping cream. Cook about 2 minutes or until hot.
- ☐ Serve over fettuccine.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:4.69, Inflammation Score:-6, Nutrition Score:21.148695717687%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 361.91kcal (18.1%), Fat: 18.67g (28.72%), Saturated Fat: 8.36g (52.26%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12g (4.36%), Sugar: 2.46g (2.74%), Cholesterol: 136.39mg (45.46%), Sodium: 379.07mg (16.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.76%), Selenium: 62.65µg (89.5%), Vitamin B3: 17.21mg (86.05%), Vitamin B6: 1.17mg (58.26%), Phosphorus: 400.33mg (40.03%), Vitamin B5: 3.08mg (30.78%), Vitamin B2: 0.45mg (26.58%), Potassium: 787.12mg (22.49%), Vitamin K: 20.5µg (19.52%), Copper: 0.27mg (13.55%), Magnesium: 53.56mg (13.39%), Vitamin B1: 0.17mg (11.53%), Vitamin A: 551.14IU (11.02%), Zinc: 1.49mg (9.95%), Manganese: 0.19mg (9.25%), Iron: 1.21mg (6.71%), Vitamin B12: 0.4µg (6.62%), Folate: 24.56µg (6.14%), Vitamin E: 0.92mg (6.13%), Vitamin D: 0.77µg (5.15%), Vitamin C: 4.25mg (5.15%), Fiber: 1.19g (4.77%), Calcium: 38.5mg (3.85%)