



Chicken Pepperoncini

READY IN



60 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs beaten
- ☐ 1 pound mushrooms fresh sliced
- ☐ 4 servings ground pepper black to taste
- ☐ 1 cup seasoned bread crumbs dry italian
- ☐ 0.3 cup olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 cup parmesan cheese
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into cubes
- ☐ 0.5 cup white wine

☐ 0.5 cup amount desired

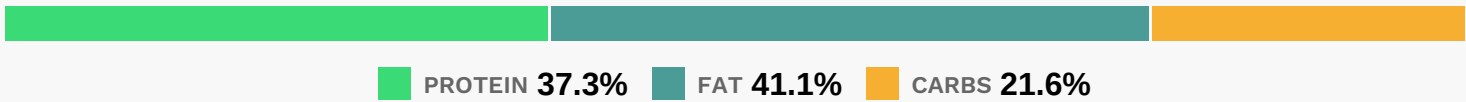
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ kitchen scissors

Directions

- ☐ Place the eggs in a shallow dish. Stir the bread crumbs, Parmesan cheese, and pepper together in a second shallow dish. Dip the chicken cubes first into the eggs, then coat evenly with the bread crumbs.
- ☐ Heat about half of the oil in a large skillet over medium heat. Stir in the chicken, and cook until browned on all sides, about 10 minutes.
- ☐ Remove the chicken and drain on a paper towel-covered plate.
- ☐ Add more oil to the skillet if needed. Stir in the mushrooms, onion, and wine. Cook and stir until the mushrooms are tender and have cooked down. This may take a good 15 minutes.
- ☐ Return the chicken to the skillet and stir into the mushroom mixture. Use scissors to cut the pepperoncini into slices over the skillet to retain the pepper juices. Discard any stems. Simmer the chicken mixture, stirring occasionally, 5 to 10 minutes more before serving.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:1.83, Inflammation Score:-7, Nutrition Score:34.085217227107%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg

Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 577.59kcal (28.88%), Fat: 25.37g (39.03%), Saturated Fat: 6.07g (37.91%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 26.19g (9.52%), Sugar: 6.33g (7.03%), Cholesterol: 199.5mg (66.5%), Sodium: 840.58mg (36.55%), Alcohol: 3.09g (100%), Alcohol %: 0.88% (100%), Protein: 51.8g (103.59%), Vitamin B3: 24mg (120.01%), Selenium: 82.22µg (117.46%), Vitamin B6: 1.61mg (80.38%), Phosphorus: 659.53mg (65.95%), Vitamin B2: 0.92mg (53.86%), Vitamin B5: 4.8mg (48.04%), Vitamin B1: 0.53mg (35.61%), Potassium: 1218.32mg (34.81%), Copper: 0.53mg (26.56%), Vitamin C: 20.83mg (25.24%), Manganese: 0.49mg (24.72%), Calcium: 240.9mg (24.09%), Vitamin K: 24.45µg (23.29%), Magnesium: 85.93mg (21.48%), Folate: 84.93µg (21.23%), Iron: 3.48mg (19.31%), Zinc: 2.77mg (18.48%), Vitamin E: 2.73mg (18.2%), Fiber: 3.79g (15.18%), Vitamin B12: 0.84µg (13.94%), Vitamin A: 379.35IU (7.59%), Vitamin D: 0.9µg (6%)