



Chicken Portobello

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided
- 0.5 cup less-sodium chicken broth fat-free
- 1 tablespoon flour all-purpose
- 1 tablespoon thyme leaves fresh chopped
- 1 tablespoon olive oil divided
- 16 ounce pearl onions frozen thawed
- 0.3 cup port sweet
- 6 ounce portobello mushroom caps coarsely chopped

- 0.8 teaspoon salt divided
- 16 ounce chicken thighs boneless skinless cut into thirds

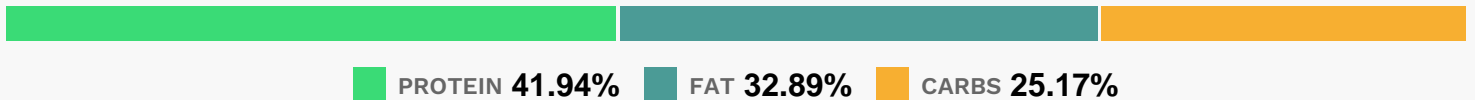
Equipment

- frying pan

Directions

- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add mushrooms and onions; cook 8 minutes or until lightly browned and liquid is absorbed, stirring frequently.
- Sprinkle with 1/4 teaspoon each of salt and pepper.
- Transfer mushroom mixture to a plate.
- Sprinkle chicken pieces with flour, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Toss lightly, and coat with cooking spray.
- Add remaining 2 teaspoons oil to pan; add chicken, and cook 3 minutes on each side or until browned on each side. Push chicken to one side of pan, and add wine; cook 2 minutes or until liquid evaporates, scraping pan to loosen browned bits. Return mushroom mixture to pan; add broth. Cover, reduce heat, and simmer 5 minutes or until chicken is done. Stir in thyme.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:3.55, Inflammation Score:-9, Nutrition Score:15.736521726069%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg

Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg
Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 5.68mg, Isorhamnetin:
5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol:
0.75mg, Kaempferol: 0.75mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:
23.18mg, Quercetin: 23.18mg, Quercetin: 23.18mg, Quercetin: 23.18mg Gallocatechin: 0.01mg, Gallocatechin:
0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 243.7kcal (12.19%), Fat: 8.53g (13.12%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 14.69g (4.9%), Net
Carbohydrates: 11.85g (4.31%), Sugar: 6.01g (6.68%), Cholesterol: 107.73mg (35.91%), Sodium: 662.28mg (28.79%),
Alcohol: 1.59g (100%), Alcohol %: 0.63% (100%), Protein: 24.47g (48.93%), Selenium: 35.41µg (50.58%), Vitamin B3:
8.71mg (43.57%), Vitamin B6: 0.72mg (36.19%), Phosphorus: 301.71mg (30.17%), Vitamin B5: 2.04mg (20.42%),
Vitamin B2: 0.32mg (18.54%), Potassium: 641.85mg (18.34%), Zinc: 2.22mg (14.78%), Manganese: 0.29mg (14.63%),
Vitamin C: 11.19mg (13.57%), Vitamin B12: 0.8µg (13.4%), Vitamin B1: 0.2mg (13.19%), Copper: 0.25mg (12.62%), Fiber:
2.84g (11.36%), Magnesium: 43.16mg (10.79%), Folate: 42.68µg (10.67%), Iron: 1.83mg (10.14%), Vitamin K: 6.32µg
(6.02%), Vitamin E: 0.74mg (4.95%), Calcium: 48.68mg (4.87%), Vitamin A: 114.29IU (2.29%)