



Chicken Sauté with Artichokes and Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons butter divided
- 12 button mushrooms fresh halved
- 2 tablespoons capers drained
- 4 skinned and boned chicken breast halves
- 0.3 cup chicken broth
- 0.3 cup cooking wine dry white
- 0.3 cup flour all-purpose
- 6 ounce marinated artichoke hearts

- 0.3 teaspoon pepper
- 1 teaspoon lawry's seasoned salt

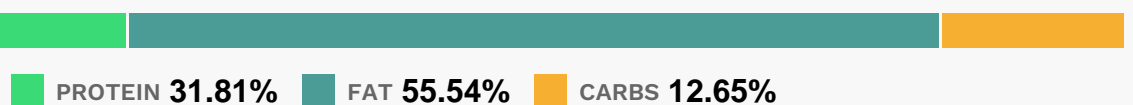
Equipment

- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Drain artichokes, reserving 2 tablespoons marinade; set artichokes and reserved marinade aside.
- Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness, using a meat mallet or rolling pin.
- Combine flour, salt, and pepper in a shallow dish; dredge chicken in flour mixture, and set aside.
- Melt 3 tablespoons butter in a large skillet over medium-high heat; add mushrooms, and saut 5 minutes. Push mushrooms to one side of pan, and melt 1 tablespoon butter in pan; add chicken. Cook chicken 5 to 6 minutes on each side.
- Remove chicken from pan.
- Add wine to skillet, and cook over medium-high heat, stirring to loosen particles from bottom of skillet.
- Add chicken broth, artichokes, and reserved artichoke marinade to skillet, and cook 3 minutes or until liquid is reduced by half.
- Remove from heat; add remaining 1 tablespoon butter and capers, stirring often until smooth.
- Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:4.85, Inflammation Score:-7, Nutrition Score:17.543913032698%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 361.22kcal (18.06%), Fat: 21.3g (32.76%), Saturated Fat: 10.12g (63.23%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 9.09g (3.31%), Sugar: 1.92g (2.13%), Cholesterol: 110.24mg (36.75%), Sodium: 1156mg (50.26%), Alcohol: 2.06g (100%), Alcohol %: 0.93% (100%), Protein: 27.44g (54.88%), Vitamin B3: 14.5mg (72.51%), Selenium: 44.7µg (63.85%), Vitamin B6: 0.92mg (46.2%), Phosphorus: 306.32mg (30.63%), Vitamin B5: 2.58mg (25.75%), Vitamin B2: 0.42mg (24.48%), Potassium: 641.68mg (18.33%), Vitamin A: 902.97IU (18.06%), Vitamin C: 11.72mg (14.2%), Copper: 0.25mg (12.63%), Vitamin B1: 0.19mg (12.54%), Magnesium: 40.54mg (10.14%), Iron: 1.54mg (8.55%), Folate: 30.68µg (7.67%), Manganese: 0.15mg (7.46%), Fiber: 1.82g (7.28%), Zinc: 1.09mg (7.25%), Vitamin B12: 0.28µg (4.71%), Vitamin E: 0.67mg (4.49%), Calcium: 26.23mg (2.62%), Vitamin K: 2.74µg (2.61%), Vitamin D: 0.23µg (1.55%)