



Chicken Saute with Fennel Mushroom Sauce

READY IN



55 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce chicken breast halves boneless
- 2 tablespoons butter
- 0.3 cup chablis wine dry white
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- 2 small fennel bulbs thinly sliced
- 0.3 cup flour all-purpose
- 0.5 cup milk
- 1 large onion sliced

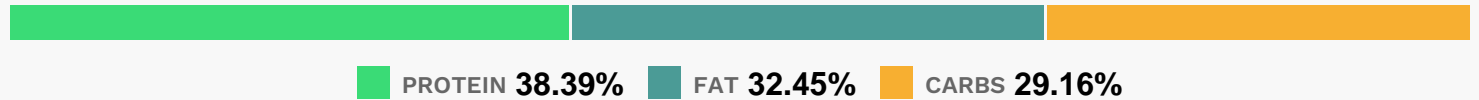
Equipment

frying pan

Directions

- Coat the chicken with the flour.
- Heat the butter in a 10-inch skillet over medium heat.
- Add the chicken and cook until it's well browned on both sides.
- Remove the chicken from the skillet.
- Add the fennel and onion and cook until they're tender.
- Stir the soup, milk and wine, if desired, in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes. Return the chicken to the skillet. Cover and cook for 10 minutes or until the chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:7.9, Inflammation Score:-7, Nutrition Score:24.00347808133%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg 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: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 336.25kcal (16.81%), Fat: 11.77g (18.1%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 19.16g (6.97%), Sugar: 7.82g (8.69%), Cholesterol: 95.09mg (31.7%), Sodium: 791.57mg (34.42%), Alcohol: 1.54g (100%), Alcohol %: 0.48% (100%), Protein: 31.32g (62.64%), Vitamin K: 74.52µg (70.97%), Vitamin B3: 13.82mg (69.09%), Selenium: 40.61µg (58.01%), Vitamin B6: 1.01mg (50.48%), Phosphorus: 373.23mg (37.32%),

Potassium: 1121.14mg (32.03%), Manganese: 0.59mg (29.47%), Vitamin B5: 2.24mg (22.41%), Vitamin C: 18.18mg (22.03%), Fiber: 4.63g (18.51%), Vitamin B2: 0.29mg (17.18%), Magnesium: 65.48mg (16.37%), Folate: 63.24µg (15.81%), Copper: 0.29mg (14.35%), Zinc: 2mg (13.32%), Vitamin B1: 0.2mg (13.08%), Iron: 2.29mg (12.72%), Calcium: 116.39mg (11.64%), Vitamin B12: 0.53µg (8.75%), Vitamin A: 415.89IU (8.32%), Vitamin E: 1.08mg (7.23%), Vitamin D: 0.45µg (2.99%)