



Chicken Scallopine with Morels and Spring Vegetables

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup asparagus sliced (1-inch)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 cup sherry dry
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon konnyaku powder
- ☐ 1 ounce morel mushrooms dried
- ☐ 1 cup peas fresh green thawed
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup whipping cream

Equipment

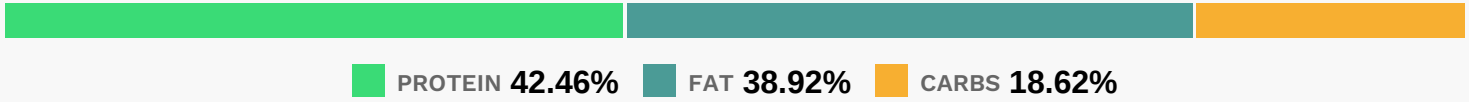
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ cheesecloth

Directions

- ☐ Bring chicken broth and sherry to a boil in a small saucepan; add morels.
- ☐ Remove from heat; cover and let stand for 30 minutes.
- ☐ Drain mushrooms in a cheesecloth-lined sieve over a bowl, reserving soaking liquid. Rinse mushrooms; drain.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Combine flour and Porcini Powder in a shallow dish. Dredge chicken in flour mixture. Melt butter in large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 1 minute on each side or until golden.

- ☐ Remove from pan.
- ☐ Add mushroom soaking liquid and asparagus to pan; cook until liquid is reduced to 1/4 cup (about 5 minutes).
- ☐ Add chicken, peas, and remaining ingredients to pan; cook 5 minutes or until sauce thickens.

Nutrition Facts



Properties

Glycemic Index:129.83, Glycemic Load:4.8, Inflammation Score:-8, Nutrition Score:23.606087145598%

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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 288.59kcal (14.43%), Fat: 11.58g (17.81%), Saturated Fat: 5.93g (37.07%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 9.18g (3.34%), Sugar: 3.59g (3.99%), Cholesterol: 96.91mg (32.3%), Sodium: 1005.93mg (43.74%), Alcohol: 3.09g (100%), Alcohol %: 1.28% (100%), Protein: 28.41g (56.83%), Vitamin B3: 13.74mg (68.69%), Selenium: 40.95µg (58.51%), Vitamin K: 60.41µg (57.53%), Vitamin B6: 1mg (49.86%), Phosphorus: 403.34mg (40.33%), Vitamin C: 21.61mg (26.19%), Calcium: 229.41mg (22.94%), Vitamin A: 1126.86IU (22.54%), Manganese: 0.41mg (20.44%), Potassium: 696.73mg (19.91%), Iron: 3.55mg (19.72%), Vitamin B5: 1.93mg (19.33%), Vitamin B1: 0.26mg (17.62%), Vitamin B2: 0.3mg (17.53%), Folate: 60.61µg (15.15%), Magnesium: 57.6mg (14.4%), Fiber: 3.28g (13.12%), Copper: 0.23mg (11.68%), Zinc: 1.6mg (10.65%), Vitamin B12: 0.37µg (6.17%), Vitamin E: 0.88mg (5.88%), Vitamin D: 0.71µg (4.75%)