



Chicken Stroganoff

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons barbecue sauce
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces button mushrooms thinly sliced (15 medium)
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup cooking wine dry white
- ☐ 1 bell pepper green seeded thinly sliced
- ☐ 1 teaspoon hot sauce
- ☐ 1.5 teaspoons kosher salt

- ☐ 1 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 4 chicken breasts boneless skinless cut into 1/2-inch-thick strips
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 teaspoon worcestershire sauce
- ☐ 3 medium onions yellow thinly sliced into rings

Equipment

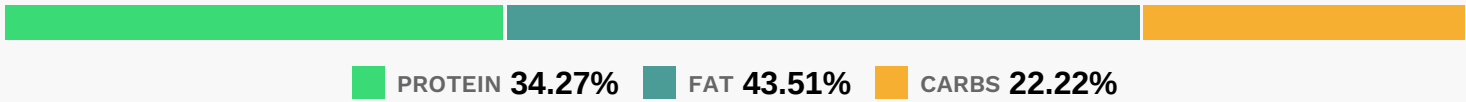
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Heat 1 tablespoon of the oil in a large saucepan over medium heat.
- ☐ Add the onions and cook, stirring frequently, until soft, about 8 minutes.
- ☐ Add the green pepper, 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, and the mushrooms. Continue cooking until the mushrooms give up their liquid, about 6 minutes, and are tender.
- ☐ Place the vegetables in a colander, reserving both vegetables and liquid. You should have about 1/2 cup of liquid. Return pan to heat and add the remaining 1 tablespoon of oil. Season the chicken with the remaining 1 teaspoon of salt and 1/4 teaspoon of pepper. Cook the chicken in batches until golden brown and cooked through, about 5 minutes.
- ☐ Add it to the vegetables.
- ☐ Pour the wine, broth, and vegetable liquid into the pan and bring to a boil. With a wooden spoon, loosen any brown bits stuck to the pan and let cook in the sauce.
- ☐ Add the barbecue sauce, Worcestershire, mustard, and hot sauce.
- ☐ Whisk until smooth. Boil until the liquid has reduced by half, to about 1 1/4 cups. The liquid should thicken slightly. Reduce heat and whisk in the sour cream. Do not let the sauce boil. Return the vegetables and chicken to pan and simmer until heated through.

Serve over rice, pasta, or toast.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:1.66, Inflammation Score:-6, Nutrition Score:14.467391314714%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 252.8kcal (12.64%), Fat: 11g (16.93%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 10.68g (3.88%), Sugar: 6.76g (7.51%), Cholesterol: 59.52mg (19.84%), Sodium: 839.01mg (36.48%), Alcohol: 4.12g (100%), Alcohol %: 1.71% (100%), Protein: 19.5g (39%), Vitamin B3: 10.05mg (50.27%), Selenium: 30.44µg (43.48%), Vitamin B6: 0.76mg (37.76%), Vitamin C: 22.57mg (27.36%), Phosphorus: 251.69mg (25.17%), Vitamin B5: 1.84mg (18.37%), Potassium: 632.5mg (18.07%), Vitamin B2: 0.31mg (18.02%), Manganese: 0.22mg (11.22%), Copper: 0.21mg (10.65%), Magnesium: 40.4mg (10.1%), Vitamin B1: 0.13mg (8.88%), Fiber: 1.96g (7.85%), Vitamin E: 1.04mg (6.96%), Zinc: 0.95mg (6.34%), Folate: 24.04µg (6.01%), Iron: 1.08mg (5.97%), Vitamin K: 5.57µg (5.31%), Calcium: 51.41mg (5.14%), Vitamin A: 235.89IU (4.72%), Vitamin B12: 0.25µg (4.09%), Vitamin D: 0.15µg (1.01%)