

Chicken Supreme IV

READY IN



55 min.

SERVINGS



4

CALORIES



1112 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 eggs beaten
- ☐ 2 cups mushrooms fresh sliced
- ☐ 3 cups monterrey jack cheese shredded
- ☐ 1.5 cups parmesan cheese grated
- ☐ 1.5 cups seasoned bread crumbs italian-style
- ☐ 4 chicken breast halves boneless skinless
- ☐ 3 tablespoons vegetable oil
- ☐ 2 cups white zinfandel wine

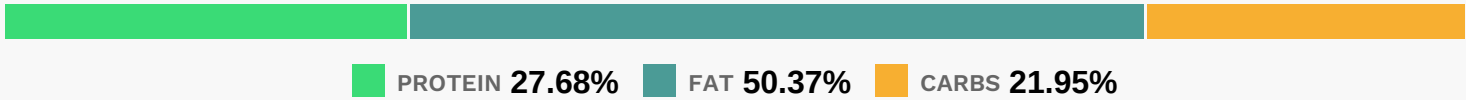
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.
- ☐ Place Parmesan cheese, eggs, and bread crumbs in three separate small bowls.
- ☐ Heat the oil in a large skillet over medium-high heat. Dip each piece of chicken into the Parmesan cheese, then into the egg, then into the bread crumbs. Brown the chicken on both sides in the hot skillet, and then transfer them to the prepared baking dish.
- ☐ Pour wine into skillet, and scrape up the browned bits.
- ☐ Add mushrooms and cook for 5 minutes, or until tender. Top each chicken breast with even amounts of Monterey Jack cheese, then spoon mushrooms over the cheese.
- ☐ Pour the remaining wine from the skillet over all. Cover dish with aluminum foil.
- ☐ Bake 30 to 35 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:39.830869716147%

Flavonoids

Petunidin: 7.82mg, Petunidin: 7.82mg, Petunidin: 7.82mg, Petunidin: 7.82mg Delphinidin: 4.6mg, Delphinidin: 4.6mg, Delphinidin: 4.6mg, Delphinidin: 4.6mg Malvidin: 11.9mg, Malvidin: 11.9mg, Malvidin: 11.9mg, Malvidin: 11.9mg Peonidin: 4.64mg, Peonidin: 4.64mg, Peonidin: 4.64mg, Peonidin: 4.64mg Catechin: 11.63mg, Catechin: 11.63mg, Catechin: 11.63mg, Catechin: 11.63mg Epicatechin: 8.92mg, Epicatechin: 8.92mg, Epicatechin: 8.92mg, Epicatechin: 8.92mg

8.92mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 1111.88kcal (55.59%), Fat: 55.07g (84.73%), Saturated Fat: 25.88g (161.74%), Carbohydrates: 54.02g (18.01%), Net Carbohydrates: 51.33g (18.67%), Sugar: 13.29g (14.76%), Cholesterol: 303.58mg (101.19%), Sodium: 1956.91mg (85.08%), Alcohol: 18.05g (100%), Alcohol %: 4.68% (100%), Protein: 68.09g (136.18%), Selenium: 87.87µg (125.53%), Calcium: 1080.64mg (108.06%), Phosphorus: 1048.23mg (104.82%), Vitamin B3: 16.68mg (83.38%), Vitamin B2: 1.12mg (66.16%), Vitamin B6: 1.13mg (56.33%), Zinc: 6.22mg (41.49%), Vitamin K: 42.54µg (40.51%), Vitamin B1: 0.6mg (40.06%), Vitamin B5: 3.45mg (34.53%), Manganese: 0.67mg (33.66%), Vitamin B12: 1.91µg (31.77%), Potassium: 966.44mg (27.61%), Magnesium: 104.99mg (26.25%), Vitamin A: 1275.05IU (25.5%), Iron: 4.51mg (25.08%), Folate: 99.25µg (24.81%), Copper: 0.41mg (20.6%), Vitamin E: 1.93mg (12.86%), Fiber: 2.68g (10.74%), Vitamin D: 1.57µg (10.43%), Vitamin C: 3.58mg (4.34%)