



Chicken Wilson

READY IN



65 min.

SERVINGS



6

CALORIES



802 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 6 fluid ounces cooking wine dry white
- ☐ 6 eggs lightly beaten
- ☐ 0.5 pound muenster cheese sliced
- ☐ 1 pound mushrooms sliced
- ☐ 1 cup seasoned bread crumbs
- ☐ 3 pounds chicken breast halves boneless skinless cut into cubes
- ☐ 6 servings vegetable oil

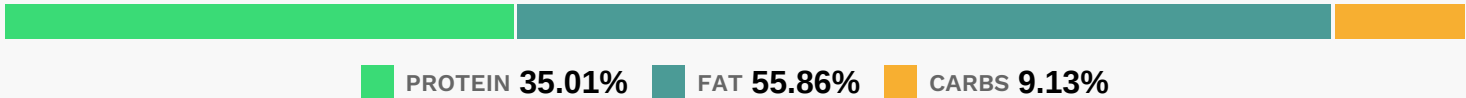
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Lightly beat eggs in a small bowl. Soak the chicken pieces in the egg for at least 30 minutes. Meanwhile, melt the butter in a large skillet and add the mushrooms. Cook and stir the sliced mushrooms until softened.
- ☐ Remove the chicken from the egg mixture.
- ☐ Roll the chicken pieces in bread crumbs and set aside.
- ☐ Heat a small amount of oil in a large skillet over medium-high.
- ☐ Place the chicken pieces in the pan and brown on all sides. Brown the pieces in batches if necessary.
- ☐ Place the browned chicken pieces in a 9x13 inch glass baking dish. Cover the chicken with the sauteed mushrooms.
- ☐ Pour the wine into the baking dish, then cover the mixture with the sliced cheese.
- ☐ Bake in preheated oven for 30 to 40 minutes, or until the chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:36.09478268416%

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: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 802.19kcal (40.11%), Fat: 48.11g (74.01%), Saturated Fat: 19.53g (122.06%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 15.94g (5.8%), Sugar: 3.52g (3.91%), Cholesterol: 375.42mg (125.14%), Sodium: 925.42mg (40.24%), Alcohol: 3.05g (100%), Alcohol %: 0.84% (100%), Protein: 67.84g (135.68%), Selenium: 103.7µg (148.15%), Vitamin B3: 27.73mg (138.63%), Vitamin B6: 1.92mg (96.13%), Phosphorus: 849.39mg (84.94%), Vitamin B2: 0.94mg (55.58%), Vitamin B5: 5.26mg (52.63%), Potassium: 1261.48mg (36.04%), Vitamin K: 37.57µg (35.79%), Calcium: 351.69mg (35.17%), Vitamin B1: 0.42mg (28.22%), Vitamin B12: 1.52µg (25.41%), Zinc: 3.67mg (24.48%), Magnesium: 93.69mg (23.42%), Vitamin A: 1076.63IU (21.53%), Copper: 0.4mg (19.75%), Folate: 71.66µg (17.91%), Iron: 3.21mg (17.84%), Vitamin E: 2.52mg (16.81%), Manganese: 0.32mg (15.81%), Vitamin D: 1.48µg (9.9%), Fiber: 1.74g (6.94%), Vitamin C: 4.85mg (5.88%)