



## Chicken with Creamy Mushroom Sage Sauce



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 cup shallots chopped
- ☐ 8 ounces button mushrooms sliced
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 cup vermouth dry white dry (such as Sauvignon Blanc)
- ☐ 0.7 cup heavy whipping cream light (cream may curdle, so use heavy cream)
- ☐ 3 tablespoons sage fresh chopped
- ☐ 1 tablespoon olive oil extra virgin

- ☐ 1.3 pounds chicken breasts pounded to an even boneless skinless
- ☐ 4 servings salt and pepper black freshly ground

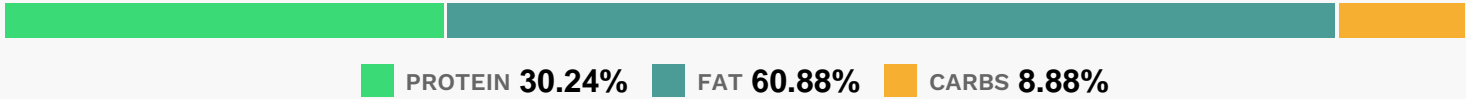
## Equipment

- ☐ frying pan
- ☐ wooden spoon

## Directions

- ☐ Cook the shallots and mushrooms: Melt the butter in a large sauté pan on medium high heat.
- ☐ Add the shallots and sauté for one minute.
- ☐ Add the mushrooms and parsley and sauté for 7-10 more minutes, or until the mushrooms have browned. If you are using unsalted butter, sprinkle on a pinch of salt.
- ☐ Add the vermouth and deglaze the pan, scraping up any bits that may be sticking to the bottom of the pan.
- ☐ Stir in the cream. Bring to a simmer and cook for 3 to 5 minutes, or until the sauce is thick enough to coat the back of a wooden spoon.
- ☐ the chicken cutlets: While the sauce is simmering, heat the olive oil in another large sauté pan on medium high heat.
- ☐ Sprinkle salt and pepper over both sides of the chicken breast cutlets.
- ☐ Add cutlets to pan and cook for about 3 minutes on each side, until browned and cooked through.
- ☐ the sauce and serve: Stir the sage into the sauce, and season to taste with salt and pepper.
- ☐ Pour the sauce over the chicken.
- ☐ Serve alone or with a vegetable (for low carb version) or with rice, mashed potatoes, or pasta (use gluten-free pasta for gluten-free version).
- ☐ Garnish with chopped fresh parsley.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:1.63, Inflammation Score:-7, Nutrition Score:25.717826159104%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg

Nutrients (% of daily need)

Calories: 491.04kcal (24.55%), Fat: 30.46g (46.86%), Saturated Fat: 15.97g (99.8%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 8.13g (2.96%), Sugar: 4.62g (5.13%), Cholesterol: 158.12mg (52.71%), Sodium: 249.36mg (10.84%), Alcohol: 6.2g (100%), Alcohol %: 2.23% (100%), Protein: 34.04g (68.08%), Copper: 13.89mg (694.56%), Vitamin B3: 16.92mg (84.61%), Selenium: 52.29µg (74.7%), Vitamin B6: 1.24mg (61.86%), Phosphorus: 391.54mg (39.15%), Vitamin B5: 3.07mg (30.69%), Manganese: 0.6mg (29.76%), Vitamin B2: 0.46mg (27.03%), Potassium: 864.44mg (24.7%), Vitamin A: 891.86IU (17.84%), Magnesium: 58.99mg (14.75%), Vitamin B1: 0.18mg (11.75%), Iron: 1.74mg (9.66%), Zinc: 1.43mg (9.5%), Vitamin E: 1.4mg (9.34%), Calcium: 78.44mg (7.84%), Fiber: 1.86g (7.45%), Folate: 27.32µg (6.83%), Vitamin C: 5.53mg (6.7%), Vitamin B12: 0.39µg (6.46%), Vitamin D: 0.89µg (5.93%), Vitamin K: 5.21µg (4.96%)