



Chicken with Creamy Mushrooms and Snap Peas

READY IN



35 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds chicken cutlets dry
- ☐ 4 servings flour all-purpose for dredging
- ☐ 0.8 cup heavy cream
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1.3 cups chicken broth low-sodium
- ☐ 8 ounces mushrooms quartered button, cremini, shiitake or a combination
- ☐ 2 scallions thinly sliced
- ☐ 2 cups sugar snap peas stemmed halved lengthwise

- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons vegetable oil

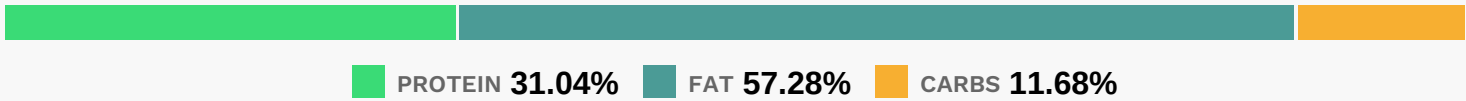
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 200 degrees.
- ☐ Heat a large skillet over medium-high heat. Season the chicken with salt and pepper.
- ☐ Add 1 tablespoon oil to the skillet. Dredge 2 chicken cutlets in flour, shake off any excess and place in the skillet. Cook until golden, about 1 1/2 minutes per side; transfer to a baking dish. Repeat with the remaining 1 tablespoon oil and the other 2 chicken cutlets. Cover the dish loosely with foil; place in the oven while you prepare the vegetables.
- ☐ Add the butter to the hot skillet, then add the scallions and mushrooms; cook, stirring occasionally, until the mushrooms brown, about 4 minutes.
- ☐ Pour in the broth and bring to a boil, scraping up any browned bits with a wooden spoon. Cook until the liquid is reduced by half, about 3 minutes.
- ☐ Add the cream and boil until the sauce thickens slightly, 3 to 4 more minutes. Stir in the snap peas and heat through; season with salt and pepper.
- ☐ Serve the chicken topped with the creamy vegetables.
- ☐ Photography by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:4.64, Inflammation Score:-8, Nutrition Score:26.722608752873%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 472.6kcal (23.63%), Fat: 30.24g (46.52%), Saturated Fat: 14.1g (88.1%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 11.67g (4.24%), Sugar: 4.64g (5.16%), Cholesterol: 148.67mg (49.56%), Sodium: 398.68mg (17.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.75%), Vitamin B3: 18.64mg (93.2%), Selenium: 54.93µg (78.47%), Vitamin B6: 1.23mg (61.46%), Phosphorus: 431.57mg (43.16%), Vitamin C: 33.69mg (40.83%), Vitamin K: 39.15µg (37.29%), Vitamin B5: 3.39mg (33.91%), Vitamin B2: 0.56mg (32.82%), Vitamin A: 1378.43IU (27.57%), Potassium: 934.05mg (26.69%), Vitamin B1: 0.28mg (18.76%), Copper: 0.32mg (15.81%), Magnesium: 60.5mg (15.13%), Folate: 55.34µg (13.84%), Iron: 2.47mg (13.71%), Manganese: 0.23mg (11.47%), Vitamin E: 1.55mg (10.34%), Zinc: 1.51mg (10.06%), Fiber: 2.2g (8.8%), Vitamin B12: 0.46µg (7.62%), Calcium: 68.67mg (6.87%), Vitamin D: 1.02µg (6.81%)