



## Chicken with Duxelles

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black divided
- 2 teaspoons bottled garlic minced
- 3 cups parsley leaves fresh (1 bunch)
- 0.1 teaspoon ground pepper red
- 0.3 cup half-and-half
- 0.8 pound mushrooms coarsely chopped
- 1 tablespoon olive oil divided
- 0.5 teaspoon salt divided

- 2 large shallots peeled quartered
- 16 ounce chicken breast halves boneless skinless

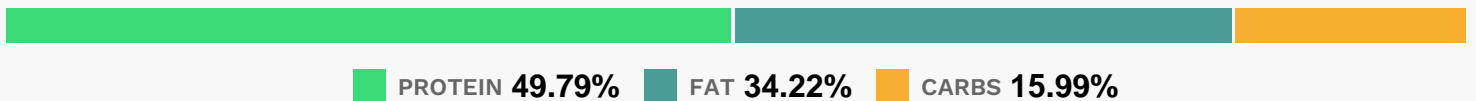
## Equipment

- food processor
- bowl
- plastic wrap
- microwave

## Directions

- Place parsley and shallots in a food processor, and process until shallots are finely chopped.
- Add mushrooms; process until finely chopped, scraping sides of bowl occasionally.
- Place the mushroom mixture in a deep-dish 10-inch pie plate. Microwave at HIGH 12 minutes, stirring every 4 minutes. Stir in 1 teaspoon oil, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and red pepper.
- Combine 2 teaspoons oil, 1/4 teaspoon salt, 1/8 teaspoon black pepper, garlic, and chicken in a bowl; toss well. Arrange chicken spokelike on top of mushroom mixture.
- Drizzle with half-and-half. Cover with plastic wrap; vent. Microwave at HIGH 7 minutes or until done.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:31.836521402649%

## Flavonoids

Apigenin: 96.96mg, Apigenin: 96.96mg, Apigenin: 96.96mg, Apigenin: 96.96mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 6.72mg, Myricetin: 6.72mg, Myricetin: 6.72mg, Myricetin: 6.72mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 228.18kcal (11.41%), Fat: 8.86g (13.63%), Saturated Fat: 2.3g (14.37%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 6.48g (2.36%), Sugar: 3.71g (4.12%), Cholesterol: 77.87mg (25.96%), Sodium: 462.94mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29g (58.01%), Vitamin K: 740.93µg (705.65%), Vitamin C: 64.96mg (78.74%), Vitamin A: 3905.78IU (78.12%), Vitamin B3: 15.55mg (77.77%), Selenium: 45.24µg (64.63%), Vitamin B6: 1.06mg (53.09%), Phosphorus: 363.45mg (36.35%), Vitamin B5: 3.17mg (31.66%), Vitamin B2: 0.53mg (31.46%), Potassium: 1014.08mg (28.97%), Folate: 92.26µg (23.07%), Iron: 3.87mg (21.52%), Copper: 0.39mg (19.5%), Magnesium: 64.72mg (16.18%), Vitamin B1: 0.2mg (13.17%), Zinc: 1.72mg (11.49%), Fiber: 2.84g (11.35%), Manganese: 0.23mg (11.27%), Calcium: 96.52mg (9.65%), Vitamin E: 1.13mg (7.53%), Vitamin B12: 0.29µg (4.83%), Vitamin D: 0.28µg (1.89%)