



 **27%**
HEALTH SCORE

Chicken with Grape Tomatoes and Mushrooms

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil
- 1.3 pounds chicken breast halves boneless skinless cut into thin strips
- 8 ounces mushrooms fresh sliced ()
- 8 ounces mushrooms fresh sliced ()
- 1 clove garlic minced
- 2.5 cups grape tomatoes
- 3 spring onion cut into 1-inch pieces (1/3 cup)
- 2 packets chicken broth swanson®

2 tablespoons water

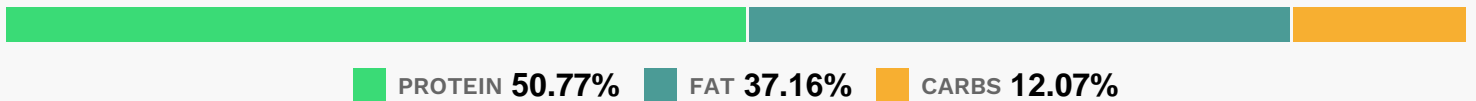
Equipment

frying pan

Directions

- Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat.
- Add the chicken and cook until well browned, stirring often.
- Remove the chicken from the skillet.
- Heat the remaining oil in the skillet over medium heat.
- Add the mushrooms and cook until tender, stirring occasionally.
- Add the garlic, tomatoes, and onions to the skillet; cook and stir for 1 minute. Return the chicken to the skillet. Stir in the Flavor Boost and water; cook until the chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.98, Inflammation Score:-7, Nutrition Score:25.527826086957%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Taste

Sweetness: 22.2%, Saltiness: 100%, Sourness: 30.01%, Bitterness: 26.84%, Savoriness: 74.53%, Fattiness: 60.59%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 269.21kcal (13.46%), Fat: 11.27g (17.33%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 5.73g (2.08%), Sugar: 4.91g (5.46%), Cholesterol: 90.73mg (30.24%), Sodium: 178.69mg (7.77%), Protein: 34.63g (69.26%), Vitamin B3: 19.48mg (97.42%), Selenium: 56.07µg (80.1%), Vitamin B6: 1.27mg (63.45%), Phosphorus: 422.04mg (42.2%), Vitamin B5: 3.81mg (38.12%), Vitamin B2: 0.62mg (36.68%), Potassium: 1133.79mg (32.39%), Vitamin K: 30.5µg (29.04%), Copper: 0.46mg (23.24%), Vitamin C: 18.77mg (22.75%), Vitamin A: 908.06IU (18.16%), Vitamin B1: 0.22mg (14.91%), Magnesium: 59.37mg (14.84%), Vitamin E: 1.84mg (12.28%), Folate: 44.7µg (11.17%), Zinc: 1.62mg (10.77%), Manganese: 0.21mg (10.39%), Fiber: 2.5g (10%), Iron: 1.53mg (8.49%), Vitamin B12: 0.33µg (5.48%), Calcium: 27.95mg (2.8%), Vitamin D: 0.37µg (2.46%)