



Chicken with Mushroom Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup lower-sodium chicken broth fat-free
- ☐ 8 ounce pre mushrooms

- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup shallots chopped
- ☐ 24 ounce chicken breast halves boneless skinless

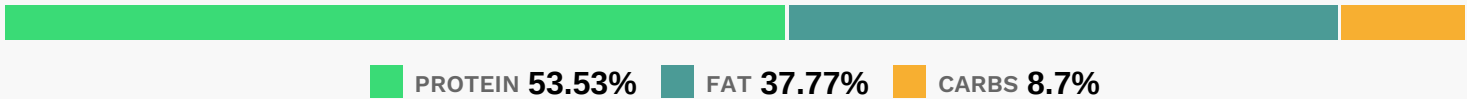
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add canola oil to pan; swirl to coat.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and pepper.
- ☐ Add chicken to pan; cook 3 minutes on each side or until done.
- ☐ Transfer chicken to a serving platter; keep warm.
- ☐ Add shallots and mushrooms to pan; saut for 4 minutes or until browned, stirring occasionally.
- ☐ Add garlic; saut for 1 minute, stirring constantly. Stir in wine, scraping pan to loosen browned bits; bring to a boil. Cook until liquid almost evaporates.
- ☐ Sprinkle mushroom mixture with remaining 1/4 teaspoon salt and flour; cook 30 seconds, stirring frequently.
- ☐ Add broth to pan; bring to a boil. Cook 2 minutes or until slightly thick.
- ☐ Remove pan from heat; add butter and thyme, stirring until butter melts.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:21.383478169856%

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: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 318.1kcal (15.9%), Fat: 12.32g (18.95%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.19g (1.89%), Sugar: 2.6g (2.88%), Cholesterol: 123.91mg (41.3%), Sodium: 621.96mg (27.04%), Alcohol: 3.09g (100%), Alcohol %: 1.19% (100%), Protein: 39.28g (78.56%), Vitamin B3: 19.92mg (99.59%), Selenium: 60.46µg (86.37%), Vitamin B6: 1.42mg (71.01%), Phosphorus: 425.75mg (42.57%), Vitamin B5: 3.35mg (33.53%), Potassium: 983.61mg (28.1%), Vitamin B2: 0.42mg (24.46%), Magnesium: 57.13mg (14.28%), Copper: 0.25mg (12.53%), Vitamin B1: 0.17mg (11.65%), Zinc: 1.42mg (9.45%), Manganese: 0.19mg (9.3%), Iron: 1.33mg (7.42%), Vitamin C: 5.68mg (6.89%), Vitamin B12: 0.37µg (6.25%), Folate: 23.64µg (5.91%), Vitamin E: 0.85mg (5.67%), Vitamin A: 251.12IU (5.02%), Fiber: 1.19g (4.77%), Vitamin K: 2.73µg (2.6%), Calcium: 25.64mg (2.56%), Vitamin D: 0.28µg (1.89%)