



Chicken with Mushrooms and Green Onions

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon rubbed sage dried
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 4 green onions thinly sliced
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 4 teaspoons italian-seasoned breadcrumbs
- ☐ 8 ounce pre- mushrooms
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup no-salt-added tomato paste

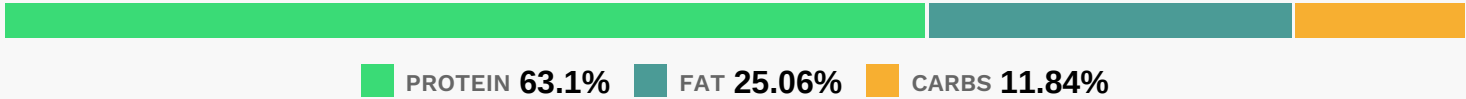
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a medium bowl, and stir with a whisk. Set aside.
- ☐ Sprinkle chicken evenly with breadcrumbs.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken, and cook 2 to 3 minutes on each side or until lightly browned.
- ☐ Add mushrooms and reserved broth mixture; cover, reduce heat, and simmer 7 to 8 minutes or until chicken is done.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.7, Inflammation Score:-6, Nutrition Score:24.209565167842%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 253.92kcal (12.7%), Fat: 7.01g (10.78%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.76g (2.09%), Sugar: 3.68g (4.09%), Cholesterol: 108.88mg (36.29%), Sodium: 967.78mg (42.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.7g (79.4%), Vitamin B3: 21.11mg (105.57%), Selenium: 63.64µg (90.92%), Vitamin B6: 1.4mg (69.8%), Phosphorus: 440.24mg (44.02%), Vitamin B5: 3.46mg (34.55%), Potassium: 1049.47mg (29.98%), Vitamin K: 29.8µg (28.38%), Vitamin B2: 0.47mg (27.36%), Copper:

0.32mg (16.22%), Magnesium: 60.99mg (15.25%), Vitamin B1: 0.2mg (13.25%), Vitamin C: 9.14mg (11.07%), Iron: 1.87mg (10.37%), Vitamin B12: 0.6µg (9.95%), Zinc: 1.49mg (9.9%), Vitamin E: 1.4mg (9.3%), Vitamin A: 426.41IU (8.53%), Manganese: 0.17mg (8.5%), Folate: 29.69µg (7.42%), Fiber: 1.69g (6.76%), Calcium: 34mg (3.4%), Vitamin D: 0.28µg (1.89%)