



Chicken with Mushrooms and Leeks

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.1 teaspoon thyme leaves dried
- 0.7 cup less-sodium chicken broth fat-free
- 1 garlic clove minced
- 1 tablespoon italian-seasoned breadcrumbs
- 1 cup leek thinly sliced (1 large)
- 1 cup mushrooms thinly sliced
- 1 teaspoon olive oil

- 0.1 teaspoon salt
- 8 ounce skinned
- 1.5 tablespoons tomato paste

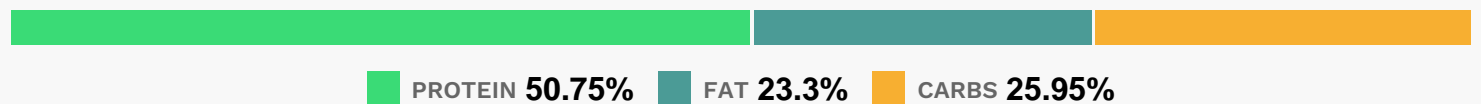
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine first 6 ingredients in a bowl; stir with a whisk. Set aside.
- Place the breadcrumbs in a shallow dish. Dredge the chicken in the breadcrumbs.
- Heat the olive oil in a large nonstick skillet over medium-high heat.
- Add the chicken, and saut 3 minutes on each side or until chicken is golden brown.
- Remove the chicken from pan, and keep warm.
- Add leek and mushrooms to pan, and saut 2 minutes or until mushrooms are lightly browned. Return chicken to pan, and stir in broth mixture. Cover the mixture, and simmer 10 minutes or until the chicken is done.

Nutrition Facts



Properties

Glycemic Index:85.5, Glycemic Load:3.07, Inflammation Score:-7, Nutrition Score:20.958261007848%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 219.4kcal (10.97%), Fat: 5.71g (8.78%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 12.2g (4.43%), Sugar: 4.56g (5.07%), Cholesterol: 72.62mg (24.21%), Sodium: 759.62mg (33.03%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.97g (55.95%), Vitamin B3: 14.85mg (74.26%), Selenium: 44.95µg (64.22%), Vitamin B6: 1.07mg (53.37%), Phosphorus: 324.74mg (32.47%), Vitamin K: 27.32µg (26.01%), Vitamin B5: 2.55mg (25.46%), Potassium: 816.48mg (23.33%), Vitamin B2: 0.38mg (22.17%), Manganese: 0.39mg (19.68%), Vitamin A: 971.68IU (19.43%), Copper: 0.31mg (15.69%), Magnesium: 55.09mg (13.77%), Iron: 2.43mg (13.51%), Vitamin B1: 0.2mg (13.48%), Vitamin C: 10.97mg (13.3%), Folate: 49.56µg (12.39%), Vitamin E: 1.45mg (9.69%), Fiber: 2.1g (8.42%), Zinc: 1.15mg (7.64%), Vitamin B12: 0.41µg (6.91%), Calcium: 54.37mg (5.44%), Vitamin D: 0.21µg (1.4%)