



## Chicken with Pecan Cream and Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 4 cups cooked egg noodles cooked
- 8 ounce mushrooms
- 0.8 cup pecans toasted coarsely chopped
- 1.3 teaspoons salt divided
- 0.3 cup shallots finely chopped
- 24 ounce skinless boneless chicken breast halves boneless skinless
- 1 cup water

## Equipment

- food processor
- bowl
- frying pan

## Directions

- Place pecans in a food processor; process until smooth (about 1 minute), scraping sides of bowl once. With processor on, add water and 3/4 teaspoon salt; process until smooth, scraping sides of bowl once.
- Sprinkle chicken with 1/2 teaspoon salt and pepper.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add chicken; saut 3 minutes on each side or until done.
- Remove chicken from pan; keep warm.
- Add shallots and mushrooms to pan; saut 3 minutes or until mushrooms are tender. Stir in pecan cream; bring to a boil. Cook 1 1/2 minutes.
- Place 2/3 cup noodles on each of 6 plates. Top each serving with 1 chicken breast half and 1/3 cup sauce.
- Garnish with parsley, if desired.

## Nutrition Facts

 **PROTEIN 33.12%**  **FAT 33.6%**  **CARBS 33.28%**

## Properties

Glycemic Index:25.67, Glycemic Load:13.55, Inflammation Score:0, Nutrition Score:21.043043561604%

## Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

## Nutrients (% of daily need)

Calories: 378.24kcal (18.91%), Fat: 14.2g (21.85%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 28.41g (10.33%), Sugar: 2.44g (2.72%), Cholesterol: 103.51mg (34.5%), Sodium: 626.46mg (27.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.5g (63%), Selenium: 65.9µg (94.15%), Vitamin B3: 13.79mg (68.93%), Manganese: 1mg (50.01%), Vitamin B6: 1mg (49.93%), Phosphorus: 392.43mg (39.24%), Vitamin B5: 2.6mg (26.02%), Copper: 0.42mg (21.18%), Potassium: 668.5mg (19.1%), Magnesium: 73.31mg (18.33%), Vitamin B2: 0.31mg (17.96%), Vitamin B1: 0.22mg (14.88%), Zinc: 2.16mg (14.38%), Fiber: 3.25g (12.98%), Iron: 1.72mg (9.54%), Folate: 24.56µg (6.14%), Vitamin B12: 0.34µg (5.63%), Vitamin E: 0.58mg (3.87%), Vitamin C: 3.08mg (3.73%), Calcium: 34.87mg (3.49%), Vitamin D: 0.3µg (1.97%), Vitamin A: 65.57IU (1.31%), Vitamin K: 1.28µg (1.22%)