



## Chicken with Porcini Mushroom Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 ounce porcini mushrooms dried
- 0.3 cup vermouth dry
- 1 small garlic clove minced
- 0.1 teaspoon coarsely ground pepper
- 0.3 cup low-salt chicken broth
- 2 teaspoons olive oil
- 2 tablespoons seasoned bread crumbs
- 16 ounce skinned

- 1 tablespoon tomato paste
- 0.7 cup water boiling

## Equipment

- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

## Directions

- Combine mushrooms and boiling water in a bowl; cover and let stand 20 minutes.
- Drain mushrooms, reserving 1/3 cup liquid. Rinse and chop mushrooms. Strain the reserved mushroom liquid into a bowl; add chopped mushrooms, broth, and next 3 ingredients, stirring well. Set aside.
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap. Flatten to 1/4-inch thickness, using a meat mallet or rolling pin. Dredge chicken in breadcrumbs.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken; cook 3 minutes on each side or until browned.
- Add vermouth, and cook 1 minute.
- Add mushroom mixture; reduce heat to medium, and cook for 10 minutes or until chicken is done.
- Note: Dried porcini mushrooms are available in large supermarkets. You can substitute dried shiitake mushrooms; remove stems after soaking.

## Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:14.171304407327%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 196.29kcal (9.81%), Fat: 5.39g (8.29%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 7.09g (2.58%), Sugar: 0.89g (0.98%), Cholesterol: 72.62mg (24.21%), Sodium: 238.45mg (10.37%), Alcohol: 1.42g (100%), Alcohol %: 0.89% (100%), Protein: 25.75g (51.5%), Vitamin B3: 13.03mg (65.17%), Selenium: 39.48µg (56.4%), Vitamin B6: 0.91mg (45.61%), Phosphorus: 267.87mg (26.79%), Vitamin B5: 2.43mg (24.33%), Potassium: 546.81mg (15.62%), Copper: 0.26mg (12.99%), Vitamin B2: 0.19mg (11.3%), Magnesium: 39.03mg (9.76%), Vitamin B1: 0.14mg (9.01%), Zinc: 1.06mg (7.06%), Manganese: 0.14mg (7.02%), Iron: 0.92mg (5.09%), Vitamin E: 0.69mg (4.6%), Vitamin B12: 0.26µg (4.4%), Folate: 16.78µg (4.19%), Vitamin K: 4.3µg (4.1%), Fiber: 0.85g (3.39%), Vitamin C: 2.73mg (3.31%), Vitamin A: 105.08IU (2.1%), Calcium: 20.22mg (2.02%), Vitamin D: 0.25µg (1.68%)