



Chicken With Portobello Mushrooms and Artichokes

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 artichoke hearts canned quartered
- 0.5 cup beef broth
- 0.5 cup brandy
- 2 teaspoons tarragon dried
- 0.3 cup flour all-purpose
- 0.3 cup juice of lemon
- 2 tablespoons olive oil

- 1 small onion thinly sliced
- 2 portabello mushrooms
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless

Equipment

- frying pan

Directions

- Lightly pound chicken breasts to even thickness. Dust chicken with flour, and add salt and pepper to your taste.
- In a heavy skillet, heat 1 tablespoon olive oil over medium heat.
- Place chicken in pan, brown on both sides, and cook through; this will take about 8 to 10 minutes.
- Remove from pan, and set aside.
- Add remaining 1 tablespoon olive oil, and saute onions and mushrooms over medium heat for 3 to 5 minutes.
- Add beef broth, lemon juice, tarragon, and artichoke hearts to the pan: heat for 2 to 3 minutes, stirring gently. Stir in brandy, and simmer for an additional 2 to 3 minutes. Return chicken to the pan, and heat through.

Nutrition Facts



PROTEIN 43.73% **FAT 38.39%** **CARBS 17.88%**

Properties

Glycemic Index:46.75, Glycemic Load:4.97, Inflammation Score:-5, Nutrition Score:16.405652237975%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin:

0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.61mg, Quercetin: 3.61mg,
Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 313.37kcal (15.67%), Fat: 10.34g (15.91%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 10.84g (3.61%), Net
Carbohydrates: 9.64g (3.51%), Sugar: 2.21g (2.45%), Cholesterol: 72.32mg (24.11%), Sodium: 446.93mg (19.43%),
Alcohol: 10.02g (100%), Alcohol %: 4.79% (100%), Protein: 26.51g (53.02%), Vitamin B3: 14.5mg (72.48%), Selenium:
46.98µg (67.11%), Vitamin B6: 0.97mg (48.37%), Phosphorus: 305.62mg (30.56%), Vitamin B5: 2.17mg (21.71%),
Potassium: 667.71mg (19.08%), Vitamin B2: 0.23mg (13.77%), Vitamin B1: 0.17mg (11.67%), Vitamin C: 9.05mg
(10.97%), Manganese: 0.21mg (10.61%), Folate: 40.29µg (10.07%), Magnesium: 37.84mg (9.46%), Copper: 0.18mg
(9.22%), Vitamin E: 1.26mg (8.41%), Iron: 1.39mg (7.7%), Zinc: 1.02mg (6.81%), Fiber: 1.19g (4.77%), Vitamin B12: 0.27µg
(4.47%), Vitamin K: 4.53µg (4.32%), Calcium: 26.4mg (2.64%), Vitamin D: 0.24µg (1.59%), Vitamin A: 77.17IU (1.54%)