



Creamy Mushroom-Chicken

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz cream of mushroom soup canned
- 0.3 cup grey poupon dijon mustard
- 1 Tbsp parsley fresh chopped
- 2 Tbsp oil divided
- 1 small onion chopped
- 1.5 lb chicken breasts boneless skinless

Equipment

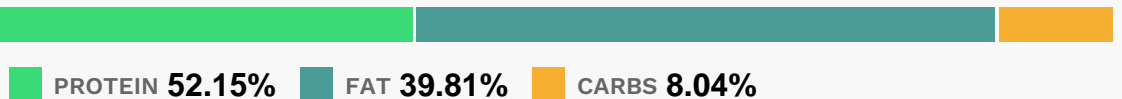
- frying pan

whisk

Directions

- Heat 1 Tbsp. of the oil in large skillet on medium-high heat.
- Add chicken; cook until browned on both sides.
- Remove chicken from skillet; cover to keep warm.
- Add remaining 1 Tbsp. oil to skillet; cook and stir until tender.
- Add soup and mustard; stir with wire whisk until well blended.
- Return chicken to skillet; cover. Reduce heat to low; simmer 10 minutes or until chicken is cooked through.
- Place chicken on serving plate. Stir sauce; spoon over chicken.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.3821739308212%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 36.1kcal (1.8%), Fat: 1.56g (2.4%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.11g (0.12%), Cholesterol: 12.85mg (4.28%), Sodium: 99.68mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin B3: 2.11mg (10.57%), Selenium: 6.84µg (9.77%), Vitamin B6: 0.15mg (7.63%), Phosphorus: 45.74mg (4.57%), Vitamin B5: 0.3mg (3.01%), Potassium: 88.32mg (2.52%), Vitamin K: 2.42µg (2.31%), Manganese: 0.04mg (1.87%), Magnesium: 6.73mg (1.68%), Vitamin B2: 0.03mg (1.54%), Zinc: 0.22mg (1.45%), Vitamin B1: 0.02mg (1.23%), Vitamin E: 0.18mg (1.23%), Copper: 0.02mg (1.19%)