



Deviled Chicken Breasts

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 cup bread crumbs dried italian-style
- ☐ 4.5 ounce mushrooms sliced canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 teaspoon savoury
- ☐ 1 tablespoon dijon honey mustard
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt

☐ 4 chicken breasts boneless skinless

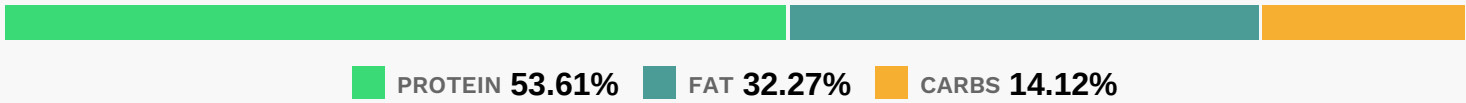
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Place breadcrumbs in a large, resealable plastic bag.
- ☐ Add chicken, seal bag, and shake to coat chicken with breadcrumbs.
- ☐ Heat oil in a large, nonstick skillet over medium heat.
- ☐ Add chicken. Cook 3 minutes on each side, or until browned.
- ☐ Add wine, savory, salt, and mushrooms to the chicken. Cover, and reduce heat. Simmer for 15 minutes, or until chicken is done.
- ☐ Remove chicken and mushrooms with slotted spoon, and place on serving plate.
- ☐ Add lemon juice and mustard to skillet, and stir well.
- ☐ Heat through.
- ☐ Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:12.932173923306%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 214.02kcal (10.7%), Fat: 6.71g (10.32%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 5.67g (2.06%), Sugar: 2.09g (2.32%), Cholesterol: 72.32mg (24.11%), Sodium: 457.03mg (19.87%), Alcohol: 3.09g (100%), Alcohol %: 2.07% (100%), Protein: 25.07g (50.14%), Vitamin B3: 12.55mg (62.77%), Selenium: 38.35µg (54.79%), Vitamin B6: 0.89mg (44.34%), Phosphorus: 269.64mg (26.96%), Vitamin B5: 1.91mg (19.06%), Potassium: 491.22mg (14.03%), Magnesium: 38.89mg (9.72%), Vitamin B1: 0.13mg (8.97%), Vitamin B2: 0.14mg (8.14%), Zinc: 0.97mg (6.49%), Copper: 0.12mg (5.8%), Manganese: 0.11mg (5.6%), Iron: 0.94mg (5.24%), Vitamin E: 0.73mg (4.87%), Vitamin B12: 0.24µg (3.96%), Fiber: 0.93g (3.74%), Vitamin C: 2.81mg (3.41%), Folate: 13.01µg (3.25%), Vitamin K: 2.68µg (2.55%), Calcium: 18.65mg (1.87%), Vitamin D: 0.18µg (1.18%)