



## Dijon Chicken Smothered in Mushrooms

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb chicken breast boneless skinless
- 0.3 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons canola oil
- 0.5 cup chicken broth (from 14-oz can)
- 4.5 oz mushrooms drained sliced
- 1.5 tablespoons dijon mustard

1 serving thyme sprigs fresh chopped

## Equipment

frying pan

plastic wrap

rolling pin

meat tenderizer

## Directions

Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick. In shallow pan, stir together flour, salt and pepper.

In 12-inch nonstick skillet, heat oil over medium-high heat. Coat both sides of chicken with flour mixture. Cook chicken in hot oil 6 to 8 minutes, turning once, until chicken is no longer pink in center.

Remove chicken to serving plate; cover to keep warm.

Stir broth into skillet.

Heat to boiling over medium-high heat. Stir in mushrooms and mustard. Cook 2 to 3 minutes, stirring frequently, until slightly thickened. Spoon sauce over chicken.

Sprinkle with thyme.

## Nutrition Facts



## Properties

Glycemic Index:54, Glycemic Load:4.59, Inflammation Score:-5, Nutrition Score:14.872608599455%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

## Nutrients (% of daily need)

Calories: 232.37kcal (11.62%), Fat: 10.38g (15.97%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 6.73g (2.45%), Sugar: 0.86g (0.96%), Cholesterol: 73.16mg (24.39%), Sodium: 594.88mg (25.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.32g (52.64%), Vitamin B3: 13.54mg (67.71%), Selenium: 43.94µg (62.77%), Vitamin B6: 0.89mg (44.55%), Phosphorus: 281.71mg (28.17%), Vitamin B5: 2.15mg (21.5%), Vitamin B2: 0.3mg (17.8%), Potassium: 546.32mg (15.61%), Vitamin B1: 0.18mg (11.79%), Vitamin E: 1.48mg (9.87%), Magnesium: 37.69mg (9.42%), Copper: 0.16mg (7.76%), Manganese: 0.14mg (7.16%), Zinc: 0.94mg (6.28%), Folate: 24.78µg (6.2%), Iron: 1.11mg (6.17%), Vitamin K: 5.53µg (5.27%), Vitamin B12: 0.25µg (4.09%), Fiber: 0.84g (3.35%), Vitamin C: 2.45mg (2.97%), Calcium: 14.26mg (1.43%), Vitamin D: 0.18µg (1.18%), Vitamin A: 51.16IU (1.02%)