

Fiesta Smothered Chicken

 **Gluten Free**

READY IN



30 min.

SERVINGS



2

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 teaspoons butter divided
- 0.5 cup mushrooms fresh sliced
- 0.3 teaspoon garlic powder
- 4 teaspoons jalapeno seeded chopped
- 3 tablespoons soy sauce reduced-sodium
- 0.3 cup onion chopped
- 0.3 cup pepper jack cheese shredded
- 0.3 cup cheddar cheese shredded

- 10 ounces chicken breast halves boneless skinless
- 1 tablespoon worcestershire sauce

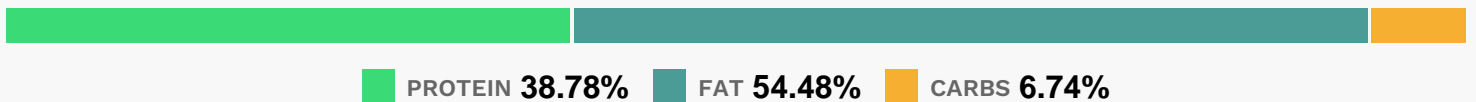
Equipment

- frying pan
- kitchen thermometer
- ziploc bags

Directions

- In a large resealable plastic bag, combine the soy sauce, Worcestershire sauce and garlic powder; add the chicken. Seal bag and turn to coat; set aside.
- In a large nonstick skillet coated with cooking spray, saute the mushrooms, onion and jalapeno in 2 teaspoons butter until tender.
- Remove and keep warm.
- Drain and discard marinade. In the same skillet, cook chicken in remaining butter over medium heat for 4-5 minutes on each side or until a meat thermometer reads 170°. Spoon vegetable mixture over each chicken breast; sprinkle with cheeses. Cover and cook for 1-2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:22.171739173972%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 417.1kcal (20.86%), Fat: 25.13g (38.66%), Saturated Fat: 13.96g (87.27%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 5.93g (2.16%), Sugar: 2.84g (3.16%), Cholesterol: 149.66mg (49.89%), Sodium: 1415.03mg (61.52%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 40.26g (80.52%), Vitamin B3: 16.16mg (80.82%), Selenium: 54.18µg (77.4%), Vitamin B6: 1.22mg (60.93%), Phosphorus: 504.21mg (50.42%), Vitamin B5: 2.62mg (26.19%), Vitamin B2: 0.44mg (26.02%), Potassium: 837.66mg (23.93%), Calcium: 239.03mg (23.9%), Vitamin C: 16.65mg (20.19%), Magnesium: 68.4mg (17.1%), Vitamin A: 782.44IU (15.65%), Zinc: 2.17mg (14.45%), Vitamin B1: 0.15mg (9.83%), Vitamin B12: 0.59µg (9.76%), Iron: 1.63mg (9.08%), Manganese: 0.18mg (8.82%), Folate: 33.62µg (8.41%), Copper: 0.17mg (8.35%), Vitamin E: 1.23mg (8.21%), Fiber: 1.06g (4.25%), Vitamin K: 4.04µg (3.85%), Vitamin D: 0.36µg (2.39%)