



Gluten-Free Creamy Mushroom Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



873 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast boneless skinless
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup butter
- 8 oz mushrooms fresh sliced (3 cups)
- 18 oz cream of mushroom soup canned
- 2 tablespoons cream gluten-free sour
- 0.3 teaspoon paprika

3 cups rice white hot cooked

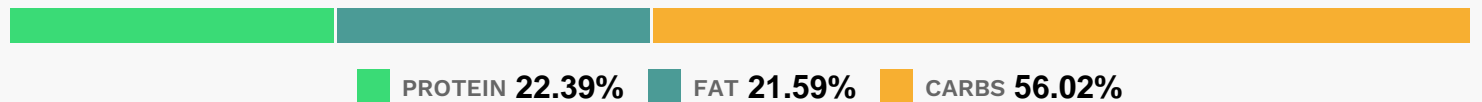
Equipment

frying pan

Directions

- Season chicken with salt and pepper; set aside. In 12-inch nonstick skillet, melt butter over medium heat.
- Add mushrooms to butter; cook 5 minutes, stirring frequently, until beginning to brown.
- Remove from skillet; reserve.
- In same skillet, add seasoned chicken. Cook uncovered 8 to 12 minutes, turning once, until light golden brown; stir in reserved mushrooms and the soup. Reduce heat; cover and simmer 15 minutes, stirring occasionally, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- Remove chicken to serving platter; keep warm.
- Stir sour cream and paprika into mushroom mixture.
- Heat through (do not boil).
- Pour mushroom mixture over chicken on platter; serve with hot rice.

Nutrition Facts



Properties

Glycemic Index:47.55, Glycemic Load:67.2, Inflammation Score:-6, Nutrition Score:30.822173978971%

Nutrients (% of daily need)

Calories: 872.59kcal (43.63%), Fat: 20.53g (31.59%), Saturated Fat: 10.52g (65.72%), Carbohydrates: 119.85g (39.95%), Net Carbohydrates: 117.15g (42.6%), Sugar: 1.52g (1.68%), Cholesterol: 131.14mg (43.71%), Sodium: 1317.23mg (57.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.9g (95.81%), Selenium: 71.96µg (102.8%), Vitamin B3: 20.22mg (101.12%), Manganese: 1.96mg (97.96%), Vitamin B6: 1.41mg (70.26%), Phosphorus: 551.54mg (55.15%), Vitamin B5: 4.56mg (45.59%), Copper: 0.78mg (39.14%), Vitamin B2: 0.53mg (31.23%), Potassium: 1040.52mg (29.73%), Zinc: 4.07mg (27.15%), Magnesium: 86.9mg (21.72%), Vitamin B1: 0.26mg (17.45%), Iron: 2.86mg (15.88%), Fiber: 2.7g (10.8%), Vitamin A: 496.7IU (9.93%), Vitamin B12: 0.55µg (9.12%), Folate: 36.21µg

(9.05%), Calcium: 63.14mg (6.31%), Vitamin E: 0.82mg (5.45%), Vitamin C: 2.95mg (3.57%), Vitamin K: 1.81µg (1.72%), Vitamin D: 0.26µg (1.7%)