



## Home-Style Chicken Dinner

 **Gluten Free**  **Dairy Free**

READY IN



34 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 1.3 pounds chicken breast halves boneless skinless
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.8 cup water
- 0.9 ounce campbell's chicken gravy
- 14 ounces baby potatoes whole red frozen
- 4.5 ounces mushrooms drained sliced

1 serving parsley fresh chopped

## Equipment

bowl

frying pan

## Directions

Melt butter in 10-inch nonstick skillet over medium heat.

Sprinkle chicken with salt and pepper. Cook chicken in butter 15 to 20 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.

Remove chicken from skillet; keep warm.

Mix water and gravy mix (dry) in small bowl; pour into same skillet. Stir in frozen vegetables and mushrooms.

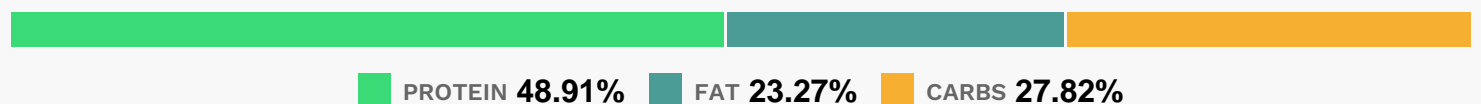
Heat to boiling; reduce heat. Simmer uncovered about 5 minutes, stirring occasionally, until largest pieces of potatoes are hot.

Add chicken; cover and simmer about 2 minutes or until chicken is heated through.

Serve vegetable and gravy mixture over chicken.

Sprinkle with chives.

## Nutrition Facts



## Properties

Glycemic Index:44.94, Glycemic Load:12.95, Inflammation Score:-5, Nutrition Score:21.220869660378%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 275.04kcal (13.75%), Fat: 7.01g (10.79%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 16.3g (5.93%), Sugar: 1.52g (1.69%), Cholesterol: 91.21mg (30.4%), Sodium: 525.66mg (22.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.31%), Vitamin B3: 17mg (84.98%), Selenium: 48.63µg (69.47%), Vitamin B6: 1.39mg (69.46%), Phosphorus: 383.24mg (38.32%), Potassium: 1052.35mg (30.07%), Vitamin C: 23.25mg (28.19%), Vitamin B5: 2.8mg (28%), Vitamin B2: 0.3mg (17.89%), Vitamin K: 18.77µg (17.88%), Magnesium: 63.82mg (15.95%), Vitamin B1: 0.2mg (13.15%), Copper: 0.26mg (12.87%), Manganese: 0.21mg (10.32%), Fiber: 2.57g (10.27%), Zinc: 1.29mg (8.62%), Iron: 1.53mg (8.52%), Folate: 28.54µg (7.14%), Vitamin A: 275.53IU (5.51%), Vitamin B12: 0.3µg (5%), Vitamin E: 0.4mg (2.66%), Calcium: 24.45mg (2.44%), Vitamin D: 0.21µg (1.37%)