



Home-Style Chicken Dinner

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

READY IN



34 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

0.8 cup water

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.

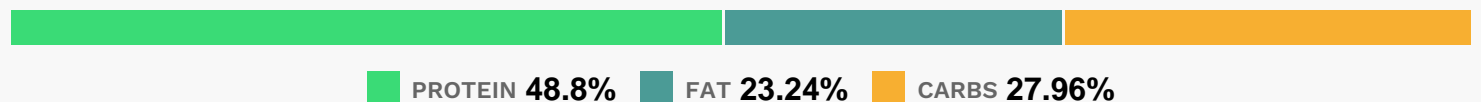
Heat to boiling; reduce heat. Simmer uncovered about 5 minutes, stirring occasionally, until largest pieces of potatoes are hot.

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:12.97, Inflammation Score:-6, Nutrition Score:23.933913018392%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 276.12kcal (13.81%), Fat: 7.04g (10.82%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 16.39g (5.96%), Sugar: 1.54g (1.72%), Cholesterol: 91.21mg (30.4%), Sodium: 527.34mg (22.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.49%), Vitamin B3: 17.04mg (85.18%), Vitamin B6: 1.39mg (69.59%), Selenium: 48.63µg (69.48%), Vitamin K: 67.97µg (64.74%), Phosphorus: 384.98mg (38.5%), Vitamin C: 27.24mg (33.02%), Potassium: 1068.97mg (30.54%), Vitamin B5: 2.81mg (28.12%), Vitamin B2: 0.31mg (18.07%), Magnesium: 65.32mg (16.33%), Vitamin B1: 0.2mg (13.32%), Copper: 0.26mg (13.09%), Fiber: 2.67g (10.66%), Vitamin A: 528.25IU (10.57%), Manganese: 0.21mg (10.56%), Iron: 1.72mg (9.56%), Zinc: 1.33mg (8.83%), Folate: 33.1µg (8.28%), Vitamin B12: 0.3µg (5%), Calcium: 28.59mg (2.86%), Vitamin E: 0.42mg (2.81%), Vitamin D: 0.21µg (1.37%)