



Hungarian Chicken

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce skinned chicken breast halves
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.5 cup vermouth dry
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.8 cup nonfat cream sour
- ☐ 0.5 teaspoon pepper divided
- ☐ 1 medium size bell pepper sweet red seeded cut into thin strips
- ☐ 0.5 teaspoon salt divided

☐ 1 large onion sweet sliced

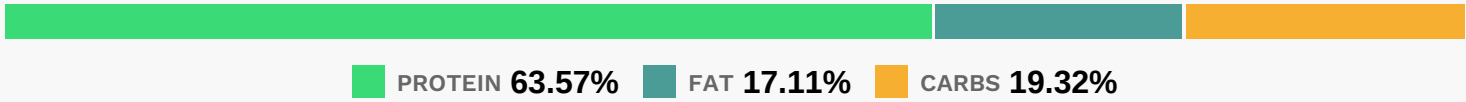
Equipment

☐ frying pan

Directions

- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Coat a nonstick skillet with cooking spray.
- ☐ Place over medium-high heat until hot.
- ☐ Add chicken to skillet, and cook 5 minutes on each side or until browned.
- ☐ Add onion, mushrooms, and red pepper.
- ☐ Sprinkle with remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, and marjoram; add vermouth. Bring to a boil; cover, reduce heat, and simmer 10 minutes. Stir in sour cream; cover and cook 5 additional minutes. Uncover and cook 10 minutes or until chicken is done and sour cream mixture is slightly thickened, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:22.520434970441%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Nutrients (% of daily need)

Calories: 261.48kcal (13.07%), Fat: 4.62g (7.11%), Saturated Fat: 0.99g (6.22%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 10.47g (3.81%), Sugar: 4.35g (4.83%), Cholesterol: 111.45mg (37.15%), Sodium: 438.49mg (19.06%), Alcohol: 1.9g (100%), Alcohol %: 0.74% (100%), Protein: 38.66g (77.32%), Vitamin B3: 19.19mg (95.93%), Selenium: 59.24µg (84.62%), Vitamin B6: 1.44mg (72.15%), Phosphorus: 432.38mg (43.24%), Vitamin C: 30.75mg (37.28%), Vitamin B5: 3.02mg (30.22%), Potassium: 878.09mg (25.09%), Vitamin B2: 0.37mg (21.77%), Vitamin A: 747.46IU

(14.95%), Magnesium: 57.64mg (14.41%), Vitamin B1: 0.18mg (11.99%), Zinc: 1.42mg (9.47%), Copper: 0.19mg (9.45%), Folate: 37.27µg (9.32%), Vitamin B12: 0.44µg (7.32%), Manganese: 0.13mg (6.35%), Calcium: 58.85mg (5.88%), Iron: 1.04mg (5.79%), Fiber: 1.28g (5.11%), Vitamin E: 0.65mg (4.35%), Vitamin K: 1.8µg (1.72%), Vitamin D: 0.23µg (1.56%)