



Lemon Mushroom Herb Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 2 tablespoons capers
- 10.5 ounce condensed chicken broth canned
- 10.8 ounce cream of mushroom soup canned
- 2 tablespoons basil dried
- 1 tablespoon parsley dried
- 0.5 tablespoon thyme leaves dried
- 0.3 cup cooking wine dry white
- 1 cup flour all-purpose

- 1 tablespoon parsley fresh chopped
- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 1 juice of lemon juiced
- 1 tablespoon lemon zest grated
- 1 teaspoon paprika
- 1 teaspoon salt
- 4 chicken breast halves boneless skinless

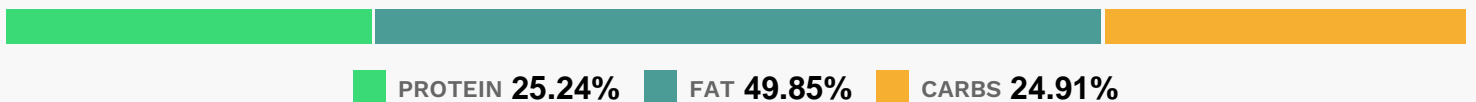
Equipment

- bowl
- frying pan

Directions

- In a shallow dish or bowl, combine the flour, thyme, basil, parsley, paprika, salt, ground black pepper, and garlic powder. Dredge chicken in the mixture to coat, patting off any excess flour.
- Melt butter in a large skillet over medium heat, and cook chicken until no longer translucent. In a medium bowl, mix together the cream of mushroom soup, chicken broth, wine, and lemon juice; pour over chicken.
- Cover skillet, and simmer 20 minutes, or until chicken is no longer pink and juices run clear.
- Garnish with parsley, capers, and lemon zest.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:17.4, Inflammation Score:-9, Nutrition Score:25.548260709514%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 24.67mg, Apigenin: 24.67mg, Apigenin: 24.67mg, Apigenin: 24.67mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 524.91kcal (26.25%), Fat: 28.52g (43.87%), Saturated Fat: 16.29g (101.82%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 29.35g (10.67%), Sugar: 0.99g (1.1%), Cholesterol: 138.62mg (46.21%), Sodium: 1828.93mg (79.52%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 32.48g (64.97%), Vitamin B3: 14.79mg (73.96%), Selenium: 47.8µg (68.28%), Vitamin K: 70.22µg (66.88%), Vitamin B6: 0.96mg (48.23%), Manganese: 0.85mg (42.46%), Phosphorus: 321.13mg (32.11%), Iron: 5.35mg (29.71%), Vitamin B2: 0.42mg (24.9%), Vitamin B1: 0.37mg (24.35%), Vitamin A: 1126.65IU (22.53%), Folate: 81.29µg (20.32%), Vitamin B5: 2mg (20%), Potassium: 689.53mg (19.7%), Magnesium: 66.12mg (16.53%), Copper: 0.32mg (16.01%), Zinc: 2.09mg (13.92%), Fiber: 2.72g (10.87%), Vitamin C: 8.6mg (10.42%), Vitamin E: 1.43mg (9.52%), Calcium: 93.12mg (9.31%), Vitamin B12: 0.41µg (6.85%)