



Magic Chicken

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

READY IN



40 min.

SERVINGS



2

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 6.5 ounce marinated artichoke hearts undrained
- ☐ 2 chicken breast halves boneless skinless
- ☐ 1 cup red cooking wine

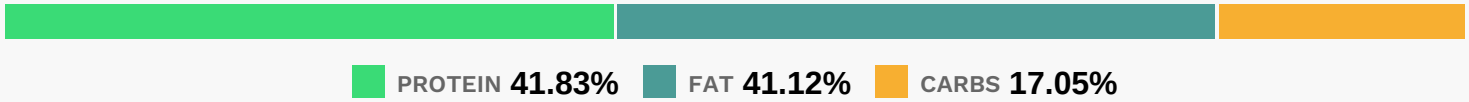
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Poke holes in both sides of the chicken breasts using a fork, and lay them in a baking dish.
- ☐ Pour the cooking wine over. Cover with artichokes and the artichoke marinade.
- ☐ Sprinkle mushrooms over.
- ☐ Bake for 35 minutes in the preheated oven, or until chicken is no longer pink, and the juices run clear.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:16.5100000708%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 346.34kcal (17.32%), Fat: 11.38g (17.51%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 7.42g (2.7%), Sugar: 2.99g (3.32%), Cholesterol: 72.32mg (24.11%), Sodium: 726.97mg (31.61%), Alcohol: 12.72g (100%), Alcohol %: 4.22% (100%), Protein: 26.06g (52.11%), Vitamin B3: 12.96mg (64.79%), Selenium: 38.72µg (55.32%), Vitamin B6: 0.95mg (47.47%), Phosphorus: 302.32mg (30.23%), Vitamin C: 20.7mg (25.1%),

Vitamin B5: 2.11mg (21.06%), Vitamin A: 957.66IU (19.15%), Potassium: 643.64mg (18.39%), Magnesium: 52.28mg (13.07%), Fiber: 3.2g (12.81%), Iron: 2.08mg (11.56%), Manganese: 0.22mg (11.21%), Vitamin B2: 0.16mg (9.54%), Copper: 0.18mg (8.85%), Vitamin B1: 0.13mg (8.43%), Zinc: 1.23mg (8.21%), Calcium: 39.91mg (3.99%), Vitamin B12: 0.23µg (3.77%), Folate: 12.52µg (3.13%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.22mg (1.47%)