



Mediterranean Chicken and Mushroom Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup chicken broth
- 0.5 cup athenos feta cheese crumbled traditional
- 1 lb mushrooms fresh sliced
- 1 Tbsp parsley fresh chopped
- 1 clove garlic minced
- 1 Tbsp olive oil
- 1 onion finely chopped
- 1 lb chicken breasts boneless skinless

0.5 tsp thyme leaves dried

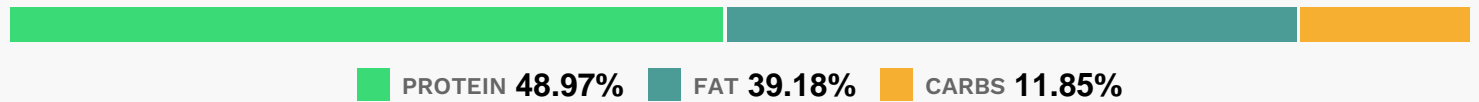
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 6 to 8 min. on each side or until done (165F).
- Remove chicken from skillet, reserving drippings in skillet; cover chicken to keep warm.
- Add mushrooms and onions to drippings; cook 10 min., stirring occasionally.
- Add broth, garlic and thyme; stir. Cook 5 min.; stir in cheese.
- Top chicken with mushroom mixture and parsley.

Nutrition Facts



Properties

Glycemic Index:5.51, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.4891304568104%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 28.48kcal (1.42%), Fat: 1.25g (1.93%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.41g (0.45%), Cholesterol: 10.27mg (3.42%), Sodium: 52.78mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin B3: 1.85mg (9.27%), Selenium: 5.72µg (8.16%), Vitamin B6: 0.12mg (6.23%), Vitamin B2: 0.09mg (5.07%), Phosphorus: 46.83mg (4.68%), Vitamin B5: 0.4mg (4.05%), Potassium: 96.7mg (2.76%), Copper: 0.05mg (2.38%), Vitamin K: 2.1µg (2%), Vitamin B1: 0.02mg (1.63%), Zinc: 0.21mg (1.43%), Magnesium: 5.38mg (1.35%), Calcium: 12.81mg (1.28%), Vitamin B12: 0.07µg (1.13%), Folate: 4.18µg (1.04%), Vitamin C: 0.85mg (1.03%)