

## Mom's Sour Cream Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons catsup
- ☐ 3 tablespoons mustard prepared
- ☐ 1 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless cut into bite size pieces
- ☐ 2 cups cup heavy whipping cream sour

☐ 1 tablespoon vegetable oil

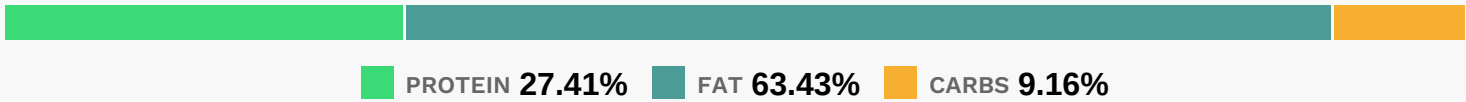
## Equipment

☐ frying pan

## Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add chicken, and saute until browned, about 5 to 7 minutes.
- ☐ When chicken is browned, stir in sour cream, mushrooms, ketchup and mustard; season with garlic powder, salt and pepper. Reduce heat to low. Simmer for about 20 minutes, or until chicken is no longer pink and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:17.408695599307%

## Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 409.86kcal (20.49%), Fat: 29.13g (44.82%), Saturated Fat: 12.82g (80.15%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 8.59g (3.12%), Sugar: 6.17g (6.86%), Cholesterol: 140.42mg (46.81%), Sodium: 942.04mg (40.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.66%), Selenium: 46.84µg (66.92%), Vitamin B3: 12.98mg (64.9%), Vitamin B6: 0.95mg (47.71%), Phosphorus: 363.78mg (36.38%), Vitamin B2: 0.42mg (24.97%), Vitamin B5: 2.41mg (24.08%), Potassium: 689.98mg (19.71%), Vitamin A: 798.3IU (15.97%), Calcium: 132.81mg (13.28%), Magnesium: 50.54mg (12.63%), Vitamin B1: 0.14mg (9.38%), Vitamin K: 9.01µg (8.58%), Zinc: 1.27mg (8.49%), Vitamin B12: 0.48µg (7.96%), Copper: 0.15mg (7.51%), Vitamin E: 1.09mg (7.26%), Manganese: 0.14mg (6.8%), Iron: 0.9mg (4.99%), Folate: 17.37µg (4.34%), Vitamin C: 3.26mg (3.95%), Fiber: 0.88g (3.51%), Vitamin D: 0.16µg (1.08%)