



Mozzarella Mushroom Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 mushrooms fresh sliced
- 1 clove garlic minced
- 1 tablespoon garlic powder
- 3 tablespoons olive oil
- 2 cups mozzarella cheese shredded
- 2 chicken breast halves boneless skinless

Equipment

- frying pan

Directions

- Heat the olive oil in a skillet over medium heat.
- Place chicken in the skillet, and season with garlic powder and garlic. Cook 12 minutes on each side, or until juices run clear. Set chicken aside, and keep warm.
- Stir mushrooms into the skillet, and cook until tender. Return chicken to skillet, layer with mushrooms, and top with cheese. Cover skillet, and continue cooking 5 minutes, or until cheese is melted.

Nutrition Facts

PROTEIN 30.26% **FAT 65.14%** **CARBS 4.6%**

Properties

Glycemic Index:47, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:27.448695638905%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 679.14kcal (33.96%), Fat: 49.2g (75.69%), Saturated Fat: 18.31g (114.44%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 6.82g (2.48%), Sugar: 2.45g (2.73%), Cholesterol: 160.8mg (53.6%), Sodium: 839.4mg (36.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.43g (102.86%), Selenium: 61.95µg (88.5%), Vitamin B3: 14.11mg (70.55%), Phosphorus: 704.23mg (70.42%), Calcium: 579.14mg (57.91%), Vitamin B6: 1.03mg (51.75%), Vitamin B12: 2.8µg (46.73%), Vitamin B2: 0.68mg (39.91%), Zinc: 4.37mg (29.17%), Vitamin B5: 2.7mg (27.05%), Vitamin E: 3.49mg (23.24%), Potassium: 747.97mg (21.37%), Vitamin A: 791.16IU (15.82%), Magnesium: 60.63mg (15.16%), Vitamin K: 15.49µg (14.75%), Copper: 0.26mg (12.97%), Vitamin B1: 0.17mg (11.66%), Iron: 1.58mg (8.78%), Manganese: 0.14mg (7.15%), Folate: 24.49µg (6.12%), Vitamin D: 0.68µg (4.54%), Fiber: 0.99g (3.97%), Vitamin C: 3.13mg (3.8%)