



Muenster Chicken and Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups breadcrumbs dried
- 0.5 cup chicken broth
- 1 cup mushrooms fresh sliced
- 1.5 cups milk
- 6 slices muenster cheese
- 6 chicken breast boneless skinless

Equipment

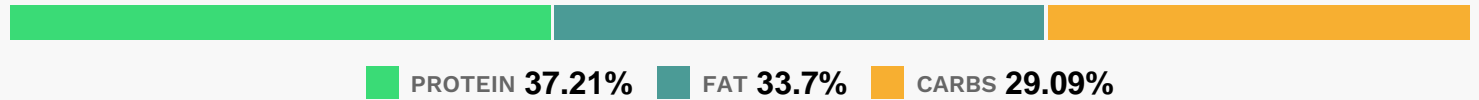
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Dip chicken in milk, then in breadcrumbs. Lightly brown coated chicken in a large skillet, then arrange in a 9x13 inch baking dish.
- Top each chicken with a slice of cheese. Top with mushrooms, then pour broth over and around chicken. Cover dish with aluminum foil.
- Bake at 350 degrees F (175 degrees C) for 30 minutes; remove cover, baste with any remaining broth, and bake for another 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:22.524782740551%

Nutrients (% of daily need)

Calories: 415.36kcal (20.77%), Fat: 15.28g (23.51%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 27.9g (10.15%), Sugar: 5.88g (6.53%), Cholesterol: 106.91mg (35.64%), Sodium: 667.07mg (29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.97g (75.94%), Vitamin B3: 14.89mg (74.44%), Selenium: 52.02µg (74.31%), Phosphorus: 503.89mg (50.39%), Vitamin B6: 0.96mg (47.97%), Calcium: 348.58mg (34.86%), Vitamin B1: 0.48mg (31.69%), Vitamin B2: 0.51mg (29.87%), Vitamin B5: 2.33mg (23.31%), Potassium: 672.09mg (19.2%), Manganese: 0.37mg (18.45%), Vitamin B12: 1.1µg (18.39%), Zinc: 2.31mg (15.41%), Magnesium: 61.38mg (15.34%), Iron: 2.37mg (13.14%), Folate: 49.12µg (12.28%), Copper: 0.19mg (9.27%), Vitamin A: 416.47IU (8.33%), Fiber: 1.78g (7.12%), Vitamin D: 0.98µg (6.56%), Vitamin K: 3.48µg (3.32%), Vitamin E: 0.36mg (2.37%), Vitamin C: 1.69mg (2.05%)