



Mushroom "Bruschetta" Chicken Skillet

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 1 Tbsp chives fresh coarsely chopped
- 1 tsp thyme leaves fresh chopped
- 1 clove garlic minced
- 0.5 cup milk italian* three cheese blend shredded 2% kraft
- 1 onion finely chopped
- 1 lb chicken breasts boneless skinless
- 1 lb mushrooms mixed fresh white coarsely chopped (button, shiitake, cremini)

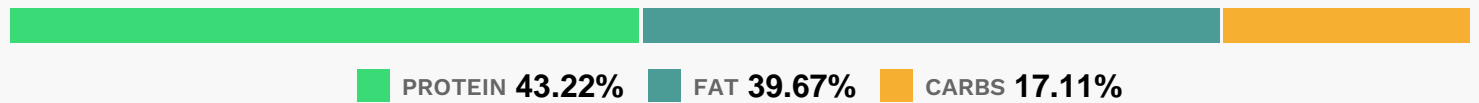
Equipment

- bowl
- frying pan

Directions

- Cook mushrooms and onions in large nonstick skillet on medium-high heat 10 min., stirring occasionally.
- Add dressing, garlic and thyme; cook 5 to 7 min. or until mushrooms are tender, stirring frequently.
- Transfer to bowl; cover to keep warm.
- Add chicken to skillet; cook 5 min. on each side or until done (165F).
- Top chicken with mushrooms and cheese; cover. Cook 2 to 4 min. or until cheese is melted; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:3.98, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.655217382571%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 24.84kcal (1.24%), Fat: 1.11g (1.7%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.39g (0.43%), Cholesterol: 6.7mg (2.23%), Sodium: 26.88mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin B3: 1.45mg (7.23%), Selenium: 3.82µg (5.46%), Vitamin B6: 0.11mg (5.45%), Phosphorus: 33.33mg (3.33%), Vitamin B5: 0.3mg (2.99%), Potassium: 72.08mg (2.06%), Vitamin B2: 0.03mg (1.93%), Manganese: 0.03mg (1.48%), Magnesium: 4.95mg (1.24%), Fiber: 0.3g (1.2%), Zinc: 0.17mg (1.12%)