



## Mushroom Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup chicken broth dry white low-sodium
- 4 cups fettuccine barilla cooked
- 1 tablespoon cornstarch
- 2 tablespoons parsley fresh chopped
- 1.5 teaspoons tarragon or dried fresh chopped
- 2.5 cups mushrooms sliced
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

- 24 ounce chicken breast halves boneless skinless
- 2 teaspoons water

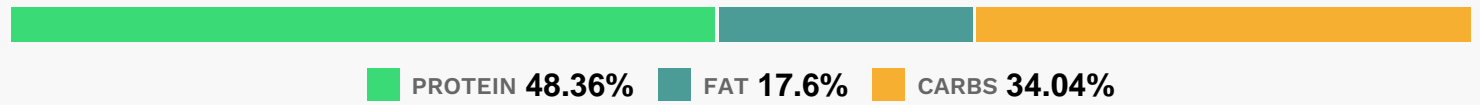
## Equipment

- frying pan

## Directions

- Combine first 6 ingredients in a large nonstick skillet; bring to a boil over high heat. Arrange chicken in a single layer in pan; cover, reduce heat, and simmer 20 minutes or until chicken is tender.
- Remove chicken from wine mixture; set aside, and keep warm.
- Combine cornstarch and water; add to pan. Bring to a boil; boil, stirring constantly, 1 minute. Return chicken to pan, coating chicken with mushroom mixture. To serve, place chicken over fettuccine and top with sauce.
- Garnish with fresh tarragon, if desired.

## Nutrition Facts



## Properties

Glycemic Index:54, Glycemic Load:13.03, Inflammation Score:-5, Nutrition Score:25.526086807251%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 367.2kcal (18.36%), Fat: 7.08g (10.9%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 30.81g (10.27%), Net Carbohydrates: 28.8g (10.47%), Sugar: 1.68g (1.86%), Cholesterol: 138.73mg (46.24%), Sodium: 511.34mg (22.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.78g (87.55%), Selenium: 84.73µg (121.04%), Vitamin B3: 21.02mg (105.1%), Vitamin B6: 1.41mg (70.42%), Phosphorus: 504.32mg (50.43%), Vitamin B5: 3.6mg (36.03%), Vitamin K: 33.34µg (31.76%), Vitamin B2: 0.46mg (26.91%), Potassium: 932.87mg (26.65%), Manganese: 0.46mg (22.94%), Magnesium: 75.61mg (18.9%), Copper: 0.37mg (18.58%), Zinc: 2.07mg (13.78%), Vitamin B1: 0.19mg

(12.81%), Iron: 2.03mg (11.28%), Vitamin B12: 0.5µg (8.35%), Fiber: 2.01g (8.03%), Vitamin C: 6.34mg (7.68%), Folate: 29.33µg (7.33%), Vitamin A: 273.32IU (5.47%), Calcium: 36.59mg (3.66%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.39µg (2.62%)