



# Mushroom Chicken in Sour Cream Sauce

 **Gluten Free**

READY IN

ready

490 min.

SERVINGS

servings

6

CALORIES

calories

262 kcal

SAUCE

## Ingredients

- ☐ 10.8 ounce cream of mushroom soup   canned
- ☐ 0.5 cup cooking wine   dry white
- ☐ 8 ounce mushrooms   fresh sliced
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon lemon pepper
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 teaspoons salt

- ☐ 6 chicken breasts boneless skinless
- ☐ 8 ounce cup heavy whipping cream sour

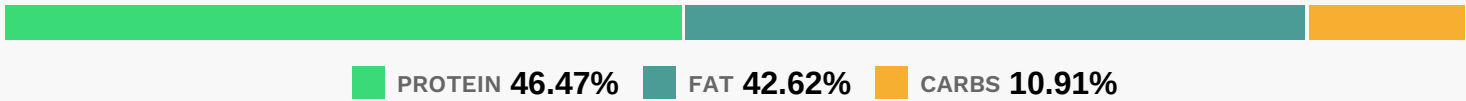
## Equipment

- ☐ bowl
- ☐ slow cooker

## Directions

- ☐ Mix the salt, pepper, paprika, lemon pepper, and garlic powder together in a bowl; rub evenly onto all sides of the chicken breasts.
- ☐ Place the seasoned chicken into the bottom of a slow cooker.
- ☐ Add the cream of mushroom soup, sour cream, white wine, and mushrooms to the slow cooker.
- ☐ Secure the cover onto the slow cooker and cook on Low for 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:15.951304238776%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 261.91kcal (13.1%), Fat: 11.64g (17.9%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 6.08g (2.21%), Sugar: 2.26g (2.51%), Cholesterol: 97.16mg (32.39%), Sodium: 1087.63mg (47.29%), Alcohol: 2.06g (100%), Alcohol %: 1% (100%), Protein: 28.55g (57.11%), Vitamin B3: 13.69mg (68.43%), Selenium: 41.23µg (58.91%), Vitamin B6: 0.94mg (47.19%), Phosphorus: 319.72mg (31.97%), Vitamin B5: 2.42mg (24.19%), Vitamin B2: 0.37mg (21.47%), Potassium: 675.85mg (19.31%), Copper: 0.27mg (13.32%), Manganese: 0.25mg (12.25%), Magnesium: 43.1mg (10.77%), Zinc: 1.59mg (10.57%), Vitamin B1: 0.12mg (8.3%), Vitamin A: 352.39IU

(7.05%), Vitamin B12: 0.4µg (6.7%), Iron: 1.13mg (6.27%), Calcium: 50.67mg (5.07%), Folate: 17.31µg (4.33%), Vitamin C: 2.5mg (3.03%), Vitamin E: 0.42mg (2.77%), Fiber: 0.62g (2.5%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.28µg (1.22%)