



Mushroom-Herb Chicken



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon marjoram dried crushed
- ☐ 0.3 cup cooking sherry dry
- ☐ 8 ounce pre mushrooms
- ☐ 0.3 teaspoon salt
- ☐ 1 cup shallots peeled
- ☐ 24 ounce chicken breast halves boneless skinless

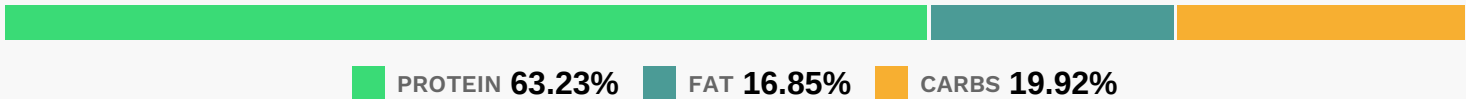
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/3-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken evenly with salt and 1/4 teaspoon pepper; coat with cooking spray.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; cook 5 to 6 minutes on each side or until browned.
- ☐ While chicken cooks, cut shallots vertically into thin slices.
- ☐ Remove chicken from pan. Coat pan with cooking spray.
- ☐ Add mushrooms and shallots to pan; coat vegetables with cooking spray. Cook 1 minute, stirring constantly. Stir in sherry and marjoram. Return chicken to pan; cover and cook 3 to 4 minutes or until mushrooms are tender and chicken is done.
- ☐ Transfer chicken to a platter.
- ☐ Pour mushroom mixture over chicken; sprinkle with freshly ground pepper, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.92, Inflammation Score:-5, Nutrition Score:22.475652010544%

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: 265.75kcal (13.29%), Fat: 4.66g (7.17%), Saturated Fat: 1g (6.28%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 9.9g (3.6%), Sugar: 5.97g (6.63%), Cholesterol: 108.86mg (36.29%), Sodium: 353.63mg (15.38%), Alcohol: 2.06g (100%), Alcohol %: 0.85% (100%), Protein: 39.37g (78.74%), Vitamin B3: 19.93mg (99.65%), Selenium: 60.44µg (86.34%), Vitamin B6: 1.55mg (77.39%), Phosphorus: 445.33mg (44.53%), Vitamin B5: 3.45mg (34.55%), Potassium: 1023.49mg (29.24%), Vitamin B2: 0.41mg (24.3%), Magnesium: 64.05mg (16.01%), Copper: 0.28mg (14.06%), Manganese: 0.27mg (13.3%), Vitamin B1: 0.19mg (12.77%), Zinc: 1.54mg (10.3%), Fiber: 2.5g (10.01%), Vitamin C: 7.98mg (9.67%), Iron: 1.71mg (9.5%), Folate: 36.84µg (9.21%), Vitamin B12: 0.36µg (6.05%), Calcium: 35.03mg (3.5%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.25µg (1.19%), Vitamin A: 56.1IU (1.12%)