



Mushroom Lover's Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 tsp pepper black freshly ground
- ☐ 8 ounces button mushrooms rinsed halved
- ☐ 32 oz boned skinned chicken breast halves
- ☐ 4 ounces mushrooms wild mixed fresh rinsed halved
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup freshly and gruyere shredded finely
- ☐ 1 cup beef broth reduced-sodium
- ☐ 2 tablespoons olive oil

- ☐ 0.5 tsp salt
- ☐ 2 large shallots minced
- ☐ 3 sprigs thyme leaves chopped for garnish

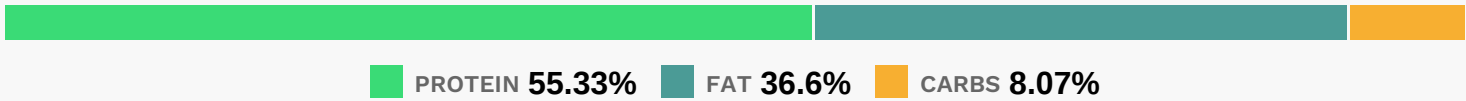
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat olive oil in a large, heavy ovenproof frying pan (not nonstick) over high heat until oil is hot but not smoking.
- ☐ Add chicken breasts, top side down, and cook until golden, 2 to 3 minutes. Turn chicken over.
- ☐ Add shallots and garlic to pan with chicken, stirring occasionally so garlic doesn't burn, until shallots are soft and translucent, 3 to 4 minutes.
- ☐ Add beef broth, thyme sprigs, mushrooms, 1/2 tsp. salt, and 1/4 tsp. pepper and cook until mixture begins to boil, about 1 minute.
- ☐ Cover pan and put in oven.
- ☐ Bake 14 to 16 minutes, or until chicken is just cooked through (cut to check).
- ☐ Transfer chicken to a plate.
- ☐ Season mushroom-broth mixture with salt and pepper to taste. Divide vegetables among 4 rimmed plates or shallow pasta bowls, top each with a piece of chicken, and spoon sauce over all.
- ☐ Garnish with chopped thyme and gruyere.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:1.75, Inflammation Score:-8, Nutrition Score:27.180434786755%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 397.19kcal (19.86%), Fat: 15.95g (24.54%), Saturated Fat: 3.83g (23.97%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 5.63g (2.05%), Sugar: 2.95g (3.28%), Cholesterol: 154.22mg (51.41%), Sodium: 731.31mg (31.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.27g (108.53%), Vitamin B3: 26.94mg (134.71%), Selenium: 80.12µg (114.45%), Vitamin B6: 1.98mg (98.75%), Phosphorus: 626mg (62.6%), Vitamin B5: 4.61mg (46.08%), Potassium: 1285.48mg (36.73%), Vitamin B2: 0.5mg (29.15%), Magnesium: 80.44mg (20.11%), Zinc: 2.46mg (16.4%), Manganese: 0.28mg (14.14%), Vitamin B1: 0.19mg (12.94%), Copper: 0.26mg (12.92%), Calcium: 109.19mg (10.92%), Vitamin B12: 0.6µg (9.95%), Vitamin E: 1.47mg (9.82%), Fiber: 2.28g (9.14%), Iron: 1.6mg (8.89%), Vitamin C: 6.22mg (7.54%), Folate: 26.76µg (6.69%), Vitamin K: 5.23µg (4.98%), Vitamin D: 0.56µg (3.73%), Vitamin A: 183.27IU (3.67%)