



Mushroom-Stuffed Chicken Breasts with Madeira Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 2 cups button mushrooms diced
- ☐ 1 teaspoon cornstarch
- ☐ 2 ounce fontina
- ☐ 1 large garlic clove minced
- ☐ 0.8 cup low-salt chicken broth
- ☐ 0.3 cup madeira wine dry
- ☐ 1 teaspoon olive oil divided

- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce skinned
- ☐ 1 teaspoon water

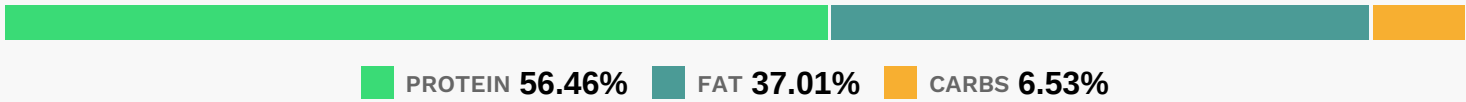
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add diced mushrooms and garlic; saut 3 minutes. Stir in pepper, and set aside.
- ☐ Cut a horizontal slit through the thickest portion of each breast half to form a pocket. Stuff 2 tablespoons mushroom mixture and 1 slice cheese into each pocket.
- ☐ Heat 1/2 teaspoon oil in skillet over medium-high heat.
- ☐ Add chicken; cook 6 minutes on each side or until chicken is done.
- ☐ Remove chicken from skillet. Set aside; keep warm.
- ☐ Add broth and Madeira to skillet. Bring to a boil; cook 2 minutes or until reduced to 3/4 cup.
- ☐ Combine cornstarch and water; add to skillet. Bring to a boil; cook 1 minute, stirring constantly. Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated.
- ☐ Serve sauce with chicken; garnish with mushrooms and thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:15.628695897434%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 226.53kcal (11.33%), Fat: 8.78g (13.51%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.38g (1.53%), Cholesterol: 89.02mg (29.67%), Sodium: 261.64mg (11.38%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 30.14g (60.29%), Vitamin B3: 14.21mg (71.05%), Selenium: 42.95µg (61.35%), Vitamin B6: 0.93mg (46.63%), Phosphorus: 345.85mg (34.58%), Vitamin B5: 2.41mg (24.08%), Vitamin B2: 0.35mg (20.7%), Potassium: 634.68mg (18.13%), Copper: 0.21mg (10.72%), Zinc: 1.48mg (9.84%), Magnesium: 38.16mg (9.54%), Calcium: 90.16mg (9.02%), Vitamin B12: 0.53µg (8.81%), Vitamin B1: 0.12mg (7.79%), Iron: 0.86mg (4.77%), Manganese: 0.09mg (4.39%), Folate: 13.74µg (3.44%), Vitamin A: 164.19IU (3.28%), Vitamin C: 2.6mg (3.15%), Vitamin E: 0.4mg (2.7%), Fiber: 0.53g (2.13%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.47µg (1.4%)