



Paprika Chicken with Mushrooms

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 pound mushrooms fresh sliced
- 1 pinch garlic powder
- 1 onion sliced into thin rings
- 1 teaspoon paprika
- 4 servings salt and pepper to taste
- 4 chicken breasts boneless skinless

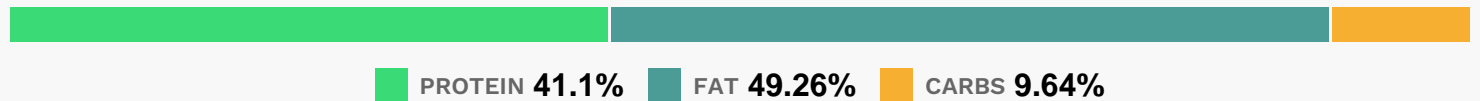
Equipment

frying pan

Directions

- Pound chicken breasts to 1/2 inch thickness.
- Sprinkle both sides of each chicken breast liberally with paprika, salt, pepper, and garlic powder.
- In a large skillet, melt the butter over medium heat. Arrange chicken breasts in the pan, cover, and cook for 10 minutes. Turn chicken breasts over, and layer the thinly sliced onions and mushrooms on top of the chicken. Cover, and cook for 10 minutes.
- Remove lid, and mix onions and mushrooms into the butter sauce. Reduce heat to low, and cook uncovered for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:19.053478121758%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 267.98kcal (13.4%), Fat: 14.91g (22.94%), Saturated Fat: 8.01g (50.08%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 4.78g (1.74%), Sugar: 3.47g (3.86%), Cholesterol: 102.82mg (34.27%), Sodium: 423.22mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.98%), Vitamin B3: 15.97mg (79.84%), Selenium: 47.02µg (67.18%), Vitamin B6: 1.01mg (50.44%), Phosphorus: 347.88mg (34.79%), Vitamin B2: 0.59mg (34.55%), Vitamin B5: 3.37mg (33.7%), Potassium: 834mg (23.83%), Copper: 0.41mg (20.28%), Vitamin A: 635.27IU (12.71%), Vitamin B1: 0.18mg (11.95%), Magnesium: 43.53mg (10.88%), Zinc: 1.33mg (8.85%), Folate: 29.71µg (7.43%), Fiber: 1.78g (7.11%), Vitamin C: 5.78mg (7%), Iron: 1.15mg (6.41%), Manganese: 0.11mg (5.72%), Vitamin B12: 0.3µg (4.92%), Vitamin E: 0.71mg (4.71%), Vitamin D: 0.34µg (2.27%), Calcium: 20.07mg (2.01%), Vitamin K: 1.73µg (1.65%)