



Porcini-Dusted Chicken Scaloppine

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.5 pound cultivated mushrooms wild sliced

- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons shallots minced (1)
- ☐ 24 ounce chicken breast halves boneless skinless

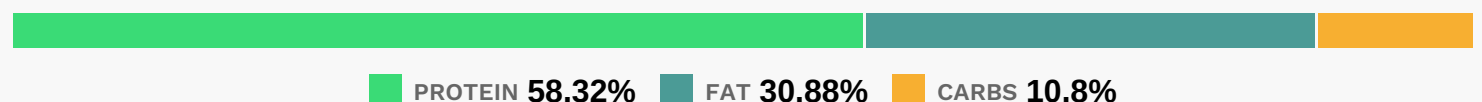
Equipment

- ☐ frying pan

Directions

- ☐ Place porcini mushrooms in a spice or coffee grinder; process until finely ground. Slice chicken breast halves in half horizontally.
- ☐ Sprinkle chicken pieces with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Sprinkle both sides of chicken with porcini powder, shaking off excess powder.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add 4 chicken pieces to pan; cook 1 1/2 minutes on each side or until chicken is lightly browned and done.
- ☐ Remove chicken from pan; keep warm. Repeat procedure with 1 teaspoon oil and remaining 4 chicken pieces.
- ☐ Heat remaining 1 teaspoon oil over medium heat.
- ☐ Add shallots and garlic to pan; cook 1 minute, stirring frequently.
- ☐ Add 3 cups mushrooms; cook 5 minutes or until liquid evaporates, stirring occasionally. Stir in wine, scraping pan to loosen browned bits. Increase heat to medium-high; cook 2 minutes or until liquid almost evaporates.
- ☐ Add broth to pan; simmer until liquid is reduced to 1/4 cup (about 5 minutes). Stir in sour cream; cook 1 minute.
- ☐ Remove from heat; stir in remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, and parsley.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:23.217826148738%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 291.18kcal (14.56%), Fat: 9.16g (14.09%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 5.99g (2.18%), Sugar: 1.96g (2.18%), Cholesterol: 112.01mg (37.34%), Sodium: 617.7mg (26.86%), Alcohol: 3.09g (100%), Alcohol %: 1.27% (100%), Protein: 38.91g (77.82%), Vitamin B3: 20.51mg (102.57%), Selenium: 62.45µg (89.21%), Vitamin B6: 1.42mg (70.79%), Phosphorus: 436.22mg (43.62%), Vitamin B5: 4.12mg (41.2%), Vitamin B2: 0.47mg (27.49%), Potassium: 939.92mg (26.85%), Copper: 0.43mg (21.37%), Vitamin K: 19.27µg (18.35%), Magnesium: 60.15mg (15.04%), Vitamin B1: 0.18mg (11.87%), Zinc: 1.68mg (11.21%), Manganese: 0.18mg (8.87%), Vitamin B12: 0.46µg (7.62%), Iron: 1.27mg (7.05%), Folate: 27.06µg (6.76%), Vitamin C: 5.4mg (6.55%), Vitamin E: 0.87mg (5.81%), Fiber: 1.21g (4.86%), Vitamin A: 165.74IU (3.31%), Calcium: 32.48mg (3.25%), Vitamin D: 0.44µg (2.93%)