

Poulet de Provençal

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 1 teaspoon butter
- ☐ 0.3 cup chicken stock see
- ☐ 2 cups cremini mushrooms chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 3 large cloves garlic chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 teaspoon herbs de provence crumbled

- ☐ 2 teaspoons olive oil
- ☐ 2 slices provolone cheese halved
- ☐ 1 large shallots chopped
- ☐ 16 ounce chicken breast halves boneless skinless

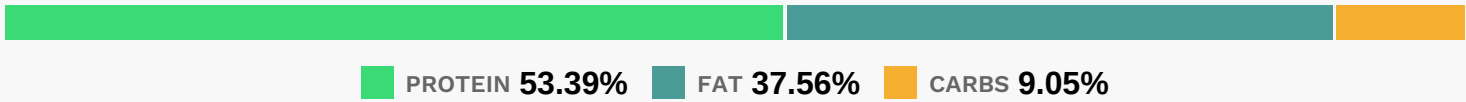
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat olive oil and butter in a large nonstick skillet over medium heat.
- ☐ Mix 2 1/2 tablespoons balsamic vinegar, Dijon mustard, and garlic in a bowl and stir chicken breast halves into the mixture to coat.
- ☐ Transfer chicken with marinade into the skillet and cook, turning occasionally, until chicken is no longer pink inside, 5 to 8 minutes per side.
- ☐ Transfer chicken to a platter and keep warm.
- ☐ Pour 1/3 cup chicken stock into skillet and stir to dissolve browned bits of food from the skillet. Cook and stir shallot and mushrooms until mushrooms are tender, about 5 minutes. Stir in 1/3 cup chicken stock, herbes de Provence, and 1 1/2 teaspoons balsamic vinegar. Cook, stirring occasionally, until mushrooms are deep brown in color, about 2 minutes.
- ☐ Return chicken breasts to pan and top each with 1/2 slice of provolone cheese. Cover skillet and let cheese melt; serve with mushrooms.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:16.180434994076%

Flavonoids

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,

Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 215.83kcal (10.79%), Fat: 8.86g (13.64%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.19g (1.52%), Sugar: 1.82g (2.02%), Cholesterol: 82.42mg (27.47%), Sodium: 268.56mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.7%), Selenium: 48.73µg (69.61%), Vitamin B3: 13.57mg (67.87%), Vitamin B6: 0.96mg (48%), Phosphorus: 344.69mg (34.47%), Vitamin B5: 2.24mg (22.43%), Vitamin B2: 0.34mg (20.21%), Potassium: 652.87mg (18.65%), Copper: 0.24mg (12.02%), Magnesium: 39.82mg (9.95%), Zinc: 1.46mg (9.76%), Calcium: 94.98mg (9.5%), Vitamin B1: 0.13mg (8.6%), Manganese: 0.16mg (7.78%), Vitamin B12: 0.4µg (6.73%), Iron: 0.92mg (5.11%), Folate: 18.08µg (4.52%), Vitamin E: 0.58mg (3.88%), Vitamin C: 2.64mg (3.2%), Vitamin A: 154.61IU (3.09%), Vitamin K: 3.13µg (2.98%), Fiber: 0.62g (2.48%), Vitamin D: 0.2µg (1.31%)