



Richard's Chicken Breasts

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 teaspoon rosemary dried
- 0.5 cup flour all-purpose
- 4 slices mozzarella cheese
- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 cup portabello mushrooms chopped
- 1 teaspoon poultry seasoning
- 8 chicken breast halves boneless skinless

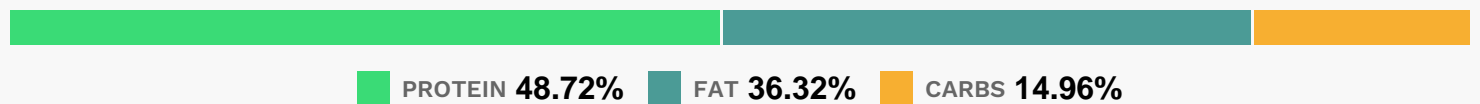
Equipment

- frying pan

Directions

- Season flour with poultry seasoning. Dredge the chicken breasts in the seasoned flour. Melt the butter with the oil in a medium skillet over medium-high heat, fry the chicken in the hot butter mixture for about 5 minutes each side, depending on the thickness.
- Remove the chicken and set aside (keep warm.)
- Deglaze pan with Marsala wine (deglazing is swirling or stirring a liquid in a pan to dissolve cooked food particles remaining on the bottom).
- Add the chopped mushrooms, chopped onions and rosemary.
- Saute for 5 minutes over high heat.
- Return the chicken breasts to the skillet, baste with drippings, put cheese on the breasts and cook for another 2 1/2 minutes with the lid on tightly. Don't touch the lid!
- Remove from heat and let stand for 10 minutes, until the breasts cook through. Check the seasoning and adjust. You will have the plumpest, juiciest chicken breasts you can imagine!

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:9.62, Inflammation Score:-6, Nutrition Score:26.82826089859%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 477.9kcal (23.89%), Fat: 18.83g (28.98%), Saturated Fat: 7.36g (46.01%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 16.01g (5.82%), Sugar: 2.59g (2.87%), Cholesterol: 174.55mg (58.18%), Sodium: 466.38mg

(20.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.85g (113.7%), Vitamin B3: 25.55mg (127.76%), Selenium: 86.7µg (123.86%), Vitamin B6: 1.8mg (89.85%), Phosphorus: 628.31mg (62.83%), Vitamin B5: 3.63mg (36.27%), Potassium: 1015.65mg (29.02%), Vitamin B2: 0.42mg (24.96%), Vitamin B1: 0.31mg (20.57%), Vitamin B12: 1.11µg (18.58%), Magnesium: 73.11mg (18.28%), Calcium: 172.75mg (17.27%), Zinc: 2.45mg (16.33%), Folate: 54.11µg (13.53%), Manganese: 0.25mg (12.51%), Iron: 2.04mg (11.34%), Copper: 0.17mg (8.4%), Vitamin K: 7.69µg (7.32%), Vitamin E: 1.1mg (7.31%), Vitamin A: 361.54IU (7.23%), Vitamin C: 5.75mg (6.97%), Fiber: 1.45g (5.79%), Vitamin D: 0.4µg (2.69%)