



Romantic Chicken with Artichokes and Mushrooms

 Gluten Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 tablespoon capers
- 1 cup mushrooms fresh sliced
- 14 ounce marinated artichoke hearts drained quartered canned
- 1 tablespoon olive oil
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless

1 cup white wine

Equipment

frying pan

Directions

Season chicken with salt and pepper.

Heat oil and butter in a large skillet over medium heat. Brown chicken in oil and butter for 5 to 7 minutes per side; remove from skillet, and set aside.

Place artichoke hearts and mushrooms in the skillet, and saute until mushrooms are brown and tender. Return chicken to skillet, and pour in reserved artichoke liquid and wine. Reduce heat to low, and simmer for about 10 to 15 minutes, until chicken is no longer pink and juices run clear.

Stir in capers, and simmer for another 5 minutes.

Remove from heat; serve immediately.

Nutrition Facts

 **PROTEIN 34.73%**  **FAT 55.32%**  **CARBS 9.95%**

Properties

Glycemic Index:24.25, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:15.588695697162%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 348.94kcal (17.45%), Fat: 18.29g (28.14%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 5.11g (1.86%), Sugar: 2.05g (2.28%), Cholesterol: 79.85mg (26.61%), Sodium: 784.07mg (34.09%), Alcohol: 6.18g (100%), Alcohol %: 2.56% (100%), Protein: 25.84g (51.69%), Vitamin B3: 12.73mg (63.66%), Selenium: 38.51µg (55.02%), Vitamin B6: 0.9mg (45.09%), Vitamin C: 22.78mg (27.62%), Phosphorus: 269.78mg

(26.98%), Vitamin A: 1116.36IU (22.33%), Vitamin B5: 2mg (20.01%), Potassium: 538.73mg (15.39%), Vitamin B2: 0.22mg (13.09%), Magnesium: 38.28mg (9.57%), Fiber: 2.29g (9.15%), Iron: 1.47mg (8.17%), Vitamin B1: 0.1mg (6.35%), Copper: 0.12mg (5.84%), Zinc: 0.86mg (5.75%), Vitamin E: 0.82mg (5.47%), Manganese: 0.1mg (5.02%), Vitamin B12: 0.24µg (4.03%), Calcium: 33.41mg (3.34%), Vitamin K: 3.31µg (3.15%), Folate: 9.77µg (2.44%), Vitamin D: 0.16µg (1.07%)