



WHATSheATE



## Saucy Chicken Thighs with Mushrooms and Pea Pods

READY IN



35 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 lb chicken thighs boneless skinless
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 1.8 cups milk
- ☐ 1 box hawaiian rolls
- ☐ 9 oz sugar snap peas frozen thawed drained

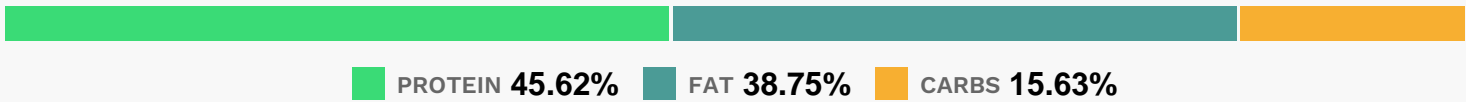
### Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ In 10-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add chicken; cook 8 to 10 minutes, turning once, until golden brown.
- ☐ Remove chicken from skillet; set aside.
- ☐ Drain all but 1 tablespoon drippings from skillet.
- ☐ Add mushrooms to drippings; cook and stir about 5 minutes or until softened.
- ☐ Stir in milk and contents of sauce mix pouch (from Hamburger Helper box). Arrange chicken thighs in single layer over mushrooms. Reduce heat; cover and simmer about 10 minutes, stirring occasionally.
- ☐ Stir in sugar snap peas. Cook uncovered 3 to 4 minutes or until juice of chicken is clear when center of thickest part is cut (180°F) and peas are crisp-tender.
- ☐ Meanwhile, fill 2-quart saucepan 2/3 full of water.
- ☐ Heat to boiling. Stir in contents of uncooked pasta pouch (from Hamburger Helper box). Gently boil uncovered 10 to 12 minutes, stirring occasionally, until pasta is tender; drain.
- ☐ To serve, place pasta on large platter with sides. Top with chicken thighs and sauce.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:16.313043459602%

## Nutrients (% of daily need)

Calories: 201.83kcal (10.09%), Fat: 8.65g (13.3%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.88g (6.54%), Cholesterol: 98.31mg (32.77%), Sodium: 115.56mg (5.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.82%), Selenium: 26.57µg (37.95%), Vitamin B3: 6.98mg (34.9%), Vitamin C: 26.31mg (31.89%), Phosphorus: 303.8mg (30.38%), Vitamin B6: 0.57mg (28.57%), Vitamin B2: 0.45mg (26.58%), Vitamin B5: 2.28mg (22.84%), Vitamin K: 17.76µg (16.92%), Vitamin B12: 1µg (16.74%), Potassium: 543.72mg (15.53%), Vitamin B1: 0.22mg (14.68%), Zinc: 2.04mg (13.6%), Vitamin A: 600.21IU (12%), Calcium: 115.7mg (11.57%), Magnesium: 43.92mg (10.98%), Copper: 0.21mg (10.38%), Iron: 1.84mg (10.2%), Folate:

28.22µg (7.06%), Manganese: 0.14mg (7.02%), Fiber: 1.49g (5.95%), Vitamin D: 0.86µg (5.72%), Vitamin E: 0.56mg (3.74%)