



## Sherried Chicken And Artichokes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 0.3 cup cooking sherry dry
- ☐ 1.3 cups chicken broth fat-free divided reduced-sodium
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon greek seasoning salt-free divided
- ☐ 16 ounce skinned

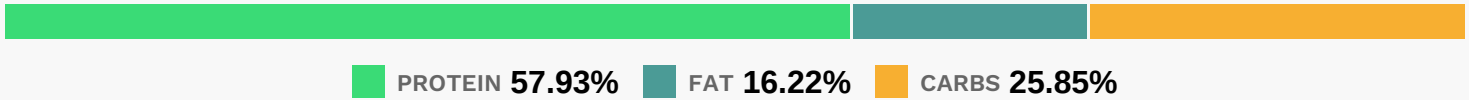
# Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

# Directions

- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Sprinkle chicken on both sides with 1 tablespoon Greek seasoning; coat with cooking spray.
- ☐ Add chicken to skillet; cook 2 minutes on each side or until browned.
- ☐ Transfer chicken to a 2-quart baking dish; set aside.
- ☐ Coat mushrooms and artichoke hearts with cooking spray; add to skillet. Cook, stirring constantly, 2 minutes or until mushrooms are tender; stir into chicken in baking dish.
- ☐ Combine 1 cup chicken broth, sherry, salt, and remaining 1 1/2 teaspoons Greek seasoning in skillet; bring to a boil.
- ☐ Combine remaining 1/3 cup broth and flour, stirring with a whisk until smooth. Stir flour mixture into sherry mixture. Cook 1 minute or until thickened; pour over chicken mixture.
- ☐ Cover and bake at 375 for 35 minutes.

# Nutrition Facts



# Properties

Glycemic Index:31.75, Glycemic Load:3.12, Inflammation Score:-4, Nutrition Score:18.733478463214%

# Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.93kcal (10.55%), Fat: 3.46g (5.33%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 8.63g (3.14%), Sugar: 2.36g (2.62%), Cholesterol: 72.57mg (24.19%), Sodium: 884.91mg (38.47%), Alcohol: 2.06g (100%), Alcohol %: 0.7% (100%), Protein: 27.83g (55.66%), Vitamin B3: 14.77mg (73.83%), Selenium: 45µg (64.29%), Vitamin B6: 0.97mg (48.48%), Phosphorus: 309.35mg (30.94%), Vitamin B5: 2.62mg (26.19%), Vitamin B2: 0.4mg (23.7%), Vitamin K: 23.3µg (22.19%), Potassium: 688.38mg (19.67%), Fiber: 3.79g (15.17%), Manganese: 0.29mg (14.6%), Iron: 2.44mg (13.56%), Copper: 0.26mg (12.82%), Magnesium: 48.36mg (12.09%), Vitamin B1: 0.17mg (11.21%), Folate: 32.47µg (8.12%), Zinc: 1.12mg (7.49%), Calcium: 71.98mg (7.2%), Vitamin B12: 0.4µg (6.68%), Vitamin E: 0.9mg (5.99%), Vitamin C: 2.64mg (3.2%), Vitamin A: 96.9IU (1.94%), Vitamin D: 0.23µg (1.51%)