



Sherried Mushroom Chicken Scaloppine

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings basic chicken scaloppine
- 0.5 teaspoon thyme leaves dried
- 0.5 cup cooking sherry dry
- 0.3 cup fat-skimmed chicken broth
- 2 teaspoons olive oil
- 6 ounces oyster mushrooms rinsed quartered cut into bite-size pieces
- 1 tablespoon parsley chopped
- 4 servings salt and pepper

- 2 tablespoons shallots minced
- 2 tablespoons whipping cream

Equipment

- frying pan
- oven

Directions

- Keep basic chicken scaloppine warm in a 200 oven.
- Add olive oil, mushrooms, shallots, and thyme to hot pan used to cook chicken (don't wash) and stir often over high heat until mushrooms are browned, 4 to 5 minutes. Spoon over chicken.
- Add sherry, chicken broth, and cream to pan; stir until mixture is boiling. Boil, stirring occasionally, until juices are slightly reduced, 1 to 1 1/2 minutes. Spoon sauce over chicken.
- Sprinkle with parsley and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:12.279130365538%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 319.92kcal (16%), Fat: 21.27g (32.72%), Saturated Fat: 6.71g (41.93%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 3.37g (1.22%), Sugar: 1.4g (1.56%), Cholesterol: 89.83mg (29.94%), Sodium: 340.2mg (14.79%),

Alcohol: 3.09g (100%), Alcohol %: 1.85% (100%), Protein: 22.06g (44.12%), Vitamin B3: 9.63mg (48.15%), Selenium: 17.36µg (24.8%), Vitamin B6: 0.46mg (23.25%), Phosphorus: 225.64mg (22.56%), Vitamin K: 21.77µg (20.74%), Vitamin B2: 0.3mg (17.8%), Vitamin B5: 1.61mg (16.06%), Potassium: 439.63mg (12.56%), Zinc: 1.84mg (12.3%), Iron: 1.94mg (10.78%), Magnesium: 34.85mg (8.71%), Vitamin B1: 0.13mg (8.45%), Copper: 0.17mg (8.38%), Vitamin A: 371.72IU (7.43%), Folate: 26.97µg (6.74%), Manganese: 0.13mg (6.6%), Vitamin B12: 0.38µg (6.28%), Fiber: 1.22g (4.87%), Vitamin E: 0.7mg (4.68%), Vitamin C: 3.57mg (4.33%), Vitamin D: 0.63µg (4.23%), Calcium: 27.16mg (2.72%)