



Shiitake-Stuffed Chicken Breasts with Teriyaki Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons sesame oil dark divided
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 tablespoons green onions minced
- ☐ 1 teaspoon honey
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon orange rind grated

- ☐ 2 cups shiitake mushroom caps sliced (1 [3.75-ounce] package)
- ☐ 16 ounce skinned
- ☐ 3 tablespoons teriyaki sauce low-sodium divided

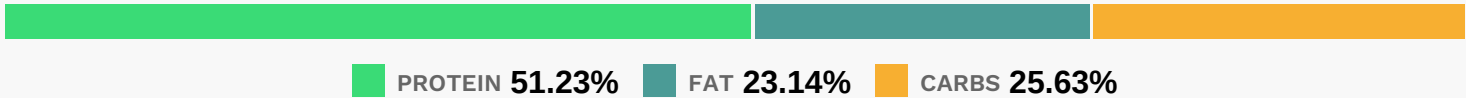
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add mushrooms, minced green onions, and ginger; saut 3 minutes. Spoon into a small bowl, and stir in 1 tablespoon teriyaki sauce. Set aside.
- ☐ Cut a horizontal slit through the thickest portion of each chicken breast half to form a pocket. Stuff about 1 1/2 tablespoons of mushroom mixture into each pocket.
- ☐ Heat 1 teaspoon oil in skillet over medium-high heat.
- ☐ Add chicken; saut 6 minutes on each side or until chicken is done.
- ☐ Remove chicken from skillet. Set aside; keep warm.
- ☐ Add 2 tablespoons teriyaki sauce, orange rind, orange juice, sherry, and honey to skillet, and bring to a boil. Cook for 2 minutes or until reduced to 1/4 cup. Spoon orange glaze over chicken, and garnish with sliced green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:49.57, Glycemic Load:3.27, Inflammation Score:-5, Nutrition Score:19.313478226247%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg

0.39mg, Naringenin: 0.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg,
Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 224.59kcal (11.23%), Fat: 5.54g (8.53%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 13.82g (4.61%), Net
Carbohydrates: 10.8g (3.93%), Sugar: 7.58g (8.42%), Cholesterol: 72.57mg (24.19%), Sodium: 660.45mg (28.72%),
Alcohol: 1.54g (100%), Alcohol %: 0.7% (100%), Protein: 27.62g (55.24%), Vitamin B3: 16.49mg (82.46%), Selenium:
42.95µg (61.36%), Vitamin B6: 1.21mg (60.66%), Phosphorus: 392.65mg (39.26%), Vitamin B5: 3.38mg (33.82%),
Potassium: 852.1mg (24.35%), Vitamin B2: 0.38mg (22.28%), Magnesium: 64.97mg (16.24%), Manganese: 0.31mg
(15.34%), Zinc: 1.88mg (12.55%), Vitamin C: 10.11mg (12.26%), Fiber: 3.01g (12.05%), Copper: 0.22mg (10.97%),
Vitamin B1: 0.11mg (7.38%), Iron: 1.25mg (6.93%), Folate: 27.33µg (6.83%), Vitamin K: 6.79µg (6.46%), Vitamin B12:
0.23µg (3.78%), Vitamin D: 0.57µg (3.77%), Vitamin A: 95.98IU (1.92%), Vitamin E: 0.27mg (1.81%), Calcium: 17.31mg
(1.73%)