



 **32%**
HEALTH SCORE

Smothered Chicken in Mushroom Ragout

READY IN



45 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 4 cups egg noodles hot cooked uncooked (6 ounces noodles)
- 8 ounces crimini mushrooms sliced
- 0.3 cup wine dry white
- 0.3 cup fat-skimmed beef broth fat-free
- 2 cups leek chopped
- 1 cup cream sour low-fat
- 1 teaspoon olive oil
- 0.3 teaspoon salt

- 1 tablespoon cooking sherry
- 8 ounces mushroom caps thinly sliced
- 16 ounce chicken breast halves

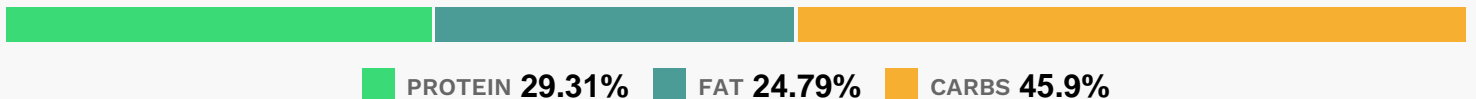
Equipment

- frying pan

Directions

- Heat olive oil in a large nonstick skillet over medium-high heat.
- Sprinkle chicken with 1/4 teaspoon pepper.
- Add chicken to pan, and saut 6 minutes on each side.
- Remove from pan, and keep warm.
- Add mushrooms and leeks to pan; saut 8 minutes. Return chicken to pan.
- Add wine, broth, sherry, and salt; cook 2 minutes or until chicken is done.
- Remove from heat; stir in sour cream.
- Serve over noodles; garnish with freshly ground black pepper and parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:21.82, Inflammation Score:-8, Nutrition Score:30.36260864009%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 516.56kcal (25.83%), Fat: 13.85g (21.31%), Saturated Fat: 5.27g (32.96%), Carbohydrates: 57.67g (19.22%), Net Carbohydrates: 53.16g (19.33%), Sugar: 5.08g (5.65%), Cholesterol: 139.1mg (46.37%), Sodium: 428.62mg (18.64%), Alcohol: 2.45g (100%), Alcohol %: 0.58% (100%), Protein: 36.84g (73.68%), Selenium: 95.17µg (135.96%), Vitamin B3: 17.17mg (85.86%), Vitamin B6: 1.28mg (64.08%), Phosphorus: 554.23mg (55.42%), Manganese: 0.99mg (49.61%), Vitamin B5: 3.84mg (38.35%), Vitamin B2: 0.64mg (37.43%), Potassium: 1132.99mg (32.37%), Copper: 0.62mg (31.02%), Magnesium: 100.52mg (25.13%), Zinc: 3.28mg (21.87%), Vitamin K: 22.33µg (21.27%), Vitamin A: 998.72IU (19.97%), Folate: 72.53µg (18.13%), Fiber: 4.51g (18.04%), Iron: 2.92mg (16.24%), Vitamin B1: 0.24mg (15.69%), Calcium: 147.09mg (14.71%), Vitamin B12: 0.71µg (11.78%), Vitamin C: 7.22mg (8.75%), Vitamin E: 1.22mg (8.14%), Vitamin D: 0.67µg (4.48%)