



## Smothered Chicken In Mushroom Ragoût

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups extra wide egg noodles hot cooked uncooked ( 3 ounces noodles)
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 cups leek chopped
- ☐ 1 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

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

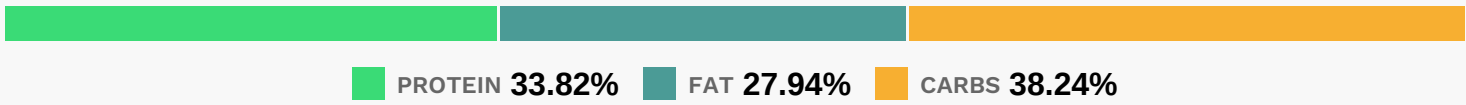
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken evenly with pepper.
- ☐ Add chicken to pan, and cook 6 minutes on each side.
- ☐ Remove from pan, and keep warm.
- ☐ Add mushrooms and leek 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 parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:12.24, Inflammation Score:-8, Nutrition Score:28.142608839533%

## 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: 406.16kcal (20.31%), Fat: 12.19g (18.76%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 33.99g (12.36%), Sugar: 4.76g (5.29%), Cholesterol: 115.9mg (38.63%), Sodium: 424.62mg (18.46%), Alcohol: 2.45g (100%), Alcohol %: 0.68% (100%), Protein: 33.21g (66.41%), Selenium: 76.05µg (108.65%), Vitamin B3: 16.85mg (84.26%), Vitamin B6: 1.24mg (62.24%), Phosphorus: 493.43mg (49.34%), Manganese: 0.74mg (37.01%), Vitamin B2: 0.62mg (36.49%), Vitamin B5: 3.62mg (36.25%), Potassium: 1102.59mg (31.5%), Copper: 0.54mg (27.1%), Vitamin K: 22.33µg (21.27%), Magnesium: 83.72mg (20.93%), Vitamin A: 981.92IU (19.64%), Zinc: 2.76mg (18.4%), Folate: 66.93µg (16.73%), Fiber: 3.55g (14.2%), Vitamin B1: 0.21mg (14.09%), Calcium: 137.49mg (13.75%), Iron: 2.44mg (13.57%), Vitamin B12: 0.63µg (10.58%), Vitamin C: 7.22mg (8.75%), Vitamin E: 1.08mg (7.23%), Vitamin D: 0.59µg (3.95%)