



Smothered Chicken With Lemon Mashed Potatoes

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter divided
- 4 chicken breast
- 14 ounce chicken broth canned
- 0.5 teaspoon basil dried
- 3 tablespoons flour all-purpose
- 8 ounce mushrooms fresh sliced
- 18 garlic clove crushed

- 0.5 cup seasoned bread crumbs
- 4 servings optional: lemon mashed
- 1 tablespoon juice of lemon fresh
- 1 teaspoon olive oil
- 2 tablespoons olive oil divided
- 0.3 teaspoon oregano dried
- 0.5 teaspoon pepper divided
- 0.8 teaspoon salt divided
- 0.3 cup water

Equipment

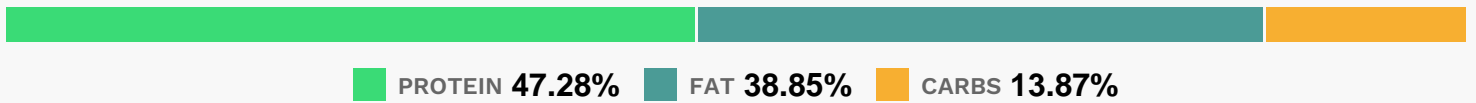
- frying pan
- oven
- whisk
- wire rack
- plastic wrap
- potato masher
- rolling pin
- meat tenderizer

Directions

- Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- Sprinkle both sides of chicken evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper. Dredge in breadcrumbs. Set aside.
- Saut mushrooms in 1 teaspoon hot oil in a large nonstick skillet over medium-high heat 8 minutes or until edges are browned.
- Remove from skillet.
- Sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper; set aside.

- Saut garlic in 1 tablespoon hot oil over medium heat 5 to 10 minutes or until lightly browned and soft.
- Remove from skillet, and mash lightly with a fork or potato masher; set aside.
- Prepare Lemon Mashed Potatoes, and keep warm.
- Melt 1 tablespoon butter with 1/2 tablespoon oil in skillet over medium heat; add 2 chicken breasts, and cook 4 minutes on each side or until done.
- Remove chicken to a wire rack in a jellyroll pan. Keep chicken warm in oven at 22
- Repeat with remaining butter, oil, and chicken.
- Stir chicken broth and next 3 ingredients into skillet, and cook 2 minutes, stirring to loosen particles from bottom of skillet. Stir in sauted mushrooms and garlic.
- Stir together 3 tablespoons flour and 1/4 cup water; whisk into broth mixture over medium-high heat. Cook 3 minutes, whisking constantly, or until thickened.
- Serve with chicken and Lemon Mashed Potatoes.

Nutrition Facts



Properties

Glycemic Index:49.88, Glycemic Load:4.92, Inflammation Score:-7, Nutrition Score:33.015652076058%

Flavonoids

Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 676.87kcal (33.84%), Fat: 28.71g (44.17%), Saturated Fat: 6.06g (37.86%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 20.95g (7.62%), Sugar: 2.41g (2.68%), Cholesterol: 194.4mg (64.8%), Sodium: 1449.35mg (63.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.61g (157.23%), Selenium: 103.43µg (147.76%), Vitamin B3: 29.38mg (146.89%), Vitamin B6: 2.15mg (107.37%), Phosphorus: 732.41mg (73.24%), Vitamin B5: 4.3mg (42.98%), Vitamin B2: 0.67mg (39.13%), Potassium: 1287.94mg (36.8%), Zinc: 4.52mg (30.14%), Vitamin B1: 0.41mg (27.39%), Manganese: 0.53mg (26.31%), Vitamin B12: 1.53µg (25.44%), Magnesium: 97.04mg (24.26%), Iron: 3.91mg

(21.75%), Copper: 0.39mg (19.43%), Vitamin K: 18.03µg (17.17%), Vitamin C: 13.7mg (16.6%), Vitamin E: 2.23mg (14.86%), Folate: 51.53µg (12.88%), Vitamin A: 530.17IU (10.6%), Calcium: 90.31mg (9.03%), Fiber: 2.11g (8.43%), Vitamin D: 0.44µg (2.92%)