

## Supreme Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup butter
- 6 tablespoons flour all-purpose divided
- 6 ounces mushrooms fresh sliced
- 0.3 teaspoon ground pepper black
- 1.3 cups half-and-half
- 1 tablespoon juice of lemon
- 1 teaspoon paprika
- 1.5 teaspoons salt divided
- 1.5 cups cheddar cheese shredded

- 6 chicken breast halves boneless skinless
- 2 tablespoons water

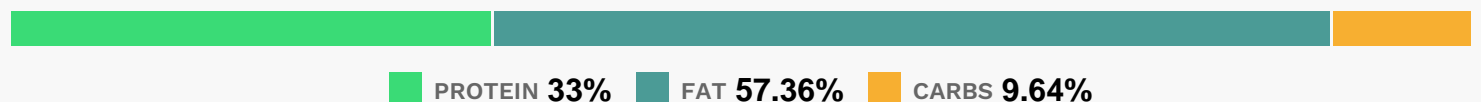
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- In a shallow dish or bowl, combine 4 tablespoons flour, paprika, 1 teaspoon salt and pepper. Coat chicken breasts with the flour mixture. In a large skillet, brown the coated chicken in 1/4 cup of butter or margarine.
- Add the water, cover and let simmer covered for 25 to 30 minutes.
- Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- When chicken breasts are done simmering, remove from the skillet and place in a 9x13 inch baking dish; save drippings.
- Combine remaining 2 tablespoons flour, 1/2 teaspoon salt and half-and-half.
- Mix together and stir mixture into reserved drippings in skillet. Bring to a simmer, stirring, and cook until thick and bubbly.
- Add mushrooms and lemon juice and stir together.
- Pour sauce over chicken and bake uncovered in the preheated oven for 30 minutes
- Sprinkle with cheese and bake 3-5 minutes more until cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:4.55, Inflammation Score:-6, Nutrition Score:19.071304290191%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 413.18kcal (20.66%), Fat: 26.22g (40.34%), Saturated Fat: 14.51g (90.66%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 9.29g (3.38%), Sugar: 2.86g (3.18%), Cholesterol: 138.55mg (46.18%), Sodium: 990.86mg (43.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.95g (67.89%), Selenium: 51.07µg (72.96%), Vitamin B3: 13.36mg (66.81%), Vitamin B6: 0.93mg (46.63%), Phosphorus: 450.71mg (45.07%), Vitamin B2: 0.49mg (29.07%), Calcium: 265.36mg (26.54%), Vitamin B5: 2.35mg (23.53%), Vitamin A: 896.59IU (17.93%), Potassium: 618.25mg (17.66%), Zinc: 2.12mg (14.11%), Vitamin B1: 0.18mg (11.98%), Magnesium: 47.39mg (11.85%), Vitamin B12: 0.65µg (10.81%), Folate: 31.47µg (7.87%), Copper: 0.15mg (7.52%), Iron: 1.07mg (5.92%), Vitamin E: 0.88mg (5.87%), Manganese: 0.1mg (5.12%), Vitamin C: 3.38mg (4.09%), Vitamin K: 2.65µg (2.52%), Fiber: 0.63g (2.52%), Vitamin D: 0.34µg (2.26%)