



Supreme Chicken-Mushroom

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth
- 4 oz philadelphia cream cheese cubed ()
- 0.3 cup cooking wine dry white
- 0.5 lb mushrooms mixed fresh sliced (button and cremini)
- 1 tsp tarragon fresh chopped
- 2 Tbsp olive oil divided
- 1 lb chicken breasts boneless skinless

Equipment

frying pan

whisk

Directions

- Cook and stir mushrooms in 1 Tbsp. hot oil in large skillet on medium heat 2 to 3 min. or until lightly browned. Spoon to one side of skillet.
- Add remaining oil and chicken to other side of skillet; cook chicken 6 to 7 min. on each side or until done (165F).
- Transfer chicken to platter; cover to keep warm.
- Pour broth and wine into skillet with mushrooms; cook and stir 3 min.
- Add cream cheese; cook 2 to 3 min. or until cream cheese is melted and sauce is slightly thickened, stirring constantly with whisk. Stir in tarragon. Spoon over chicken.

Nutrition Facts

PROTEIN 34.81% **FAT 57.39%** **CARBS 7.8%**

Properties

Glycemic Index:36, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:16.404782435168%

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 Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 324.9kcal (16.24%), Fat: 20.06g (30.86%), Saturated Fat: 7.35g (45.92%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.69g (1.7%), Sugar: 2.69g (2.98%), Cholesterol: 101.8mg (33.93%), Sodium: 335.78mg (14.6%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 27.38g (54.76%), Vitamin B3: 14.17mg (70.84%), Selenium: 42.11µg (60.15%), Vitamin B6: 1.05mg (52.42%), Phosphorus: 337.1mg (33.71%), Vitamin B5: 2.64mg (26.37%), Vitamin B2: 0.33mg (19.21%), Potassium: 657.45mg (18.78%), Magnesium: 46.56mg (11.64%), Manganese: 0.21mg (10.67%), Vitamin E: 1.48mg (9.86%), Zinc: 1.44mg (9.58%), Vitamin A: 432.14IU (8.64%), Vitamin B1: 0.1mg (6.37%), Copper: 0.12mg (6.2%), Fiber: 1.45g (5.79%), Iron: 0.91mg (5.07%), Vitamin B12: 0.29µg (4.92%), Vitamin K: 5.1µg (4.85%), Calcium: 41.45mg (4.15%), Folate: 15.7µg (3.93%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.56mg (1.89%)