



Twenty Minute Chicken

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce button mushrooms fresh sliced
- ☐ 0.3 cup olive oil
- ☐ 0.5 large onion chopped
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 1 cup mozzarella cheese shredded
- ☐ 3 chicken breast halves boneless skinless

Equipment

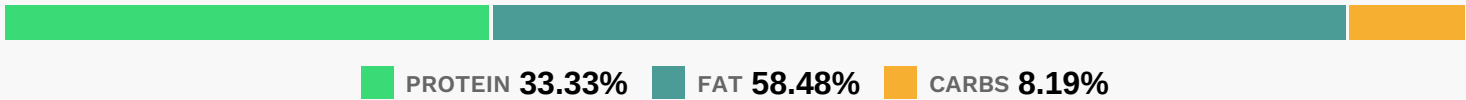
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Wash chicken breasts, pat dry with paper towels, and cut each breast in half.
- ☐ Heat 2 tablespoons oil in a large skillet over medium-high heat. Sear chicken briefly, turning until no longer pink, about 5 minutes.
- ☐ Meanwhile, in another large skillet, heat 2 tablespoons oil over medium-high heat. Stir in mushrooms, onions, and garlic, if using; cook until they are nice and soft, about 5 minutes.
- ☐ Pour contents of both skillets into a baking dish, sprinkle cheese over the top, and bake about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.06, Inflammation Score:-3, Nutrition Score:13.7399999916243%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 226.01kcal (11.3%), Fat: 14.97g (23.03%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.59g (2.88%), Cholesterol: 50.91mg (16.97%), Sodium: 188mg (8.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.4%), Vitamin B3: 9.34mg (46.7%), Selenium: 30.11µg (43.01%), Vitamin B2: 0.49mg (28.99%), Vitamin B6: 0.54mg (27.18%), Phosphorus: 269.78mg (26.98%), Vitamin B5: 2.26mg (22.63%), Copper: 0.32mg (16.2%), Potassium: 543.41mg (15.53%), Calcium: 103.33mg (10.33%), Vitamin E: 1.45mg (9.68%), Vitamin B12: 0.58µg (9.61%), Zinc: 1.39mg (9.24%), Vitamin B1: 0.12mg (8.28%), Magnesium: 28.35mg (7.09%), Vitamin K: 6.17µg (5.88%), Folate: 22.02µg (5.51%), Fiber: 1.18g (4.73%), Iron: 0.85mg (4.72%), Manganese: 0.09mg (4.37%), Vitamin C: 3.59mg (4.35%), Vitamin A: 143.93IU (2.88%), Vitamin D: 0.32µg (2.13%)