



Wild Mushroom Chicken Balsamico

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 4 servings pepper black freshly ground
- 2 cloves garlic minced
- 2 cups tomatoes italian prego®
- 12 mushrooms wild assorted sliced (portobello, shiitake, oyster and/or crimini)
- 1 medium onion cut into wedges
- 16 ounce chicken breast halves boneless skinless
- 3 teaspoons vegetable oil

1 medium zucchini sliced

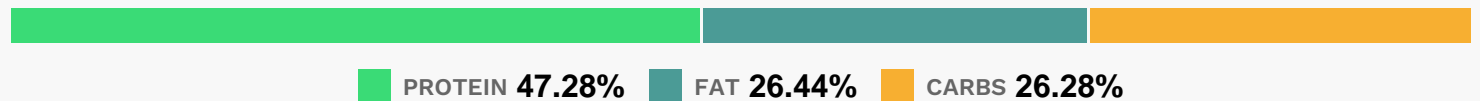
Equipment

frying pan

Directions

- Heat 1 teaspoon of the oil in 12-inch nonstick skillet over medium-high heat.
- Add the chicken and cook for 10 minutes or until it's well browned on both sides.
- Remove the chicken from the skillet.
- Heat the remaining oil over medium heat.
- Add the mushrooms, zucchini and onion and cook until they're tender.
- Add the garlic and cook for 1 minute. Stir the sauce and vinegar in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 10 minutes or until chicken is cooked through.
- Serve with black pepper.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:4.77, Inflammation Score:-7, Nutrition Score:22.516521868498%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 237.55kcal (11.88%), Fat: 7.08g (10.89%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 12.38g (4.5%), Sugar: 10.34g (11.49%), Cholesterol: 72.57mg (24.19%), Sodium: 724.15mg (31.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.48g (56.96%), Vitamin B3: 15.47mg (77.36%), Selenium: 43.06µg (61.51%), Vitamin B6: 1.16mg (58.18%), Phosphorus: 354.89mg (35.49%), Potassium: 1167.43mg (33.36%), Vitamin B5: 3.04mg (30.37%), Vitamin B2: 0.49mg (28.8%), Vitamin C: 22.47mg (27.24%), Copper: 0.41mg

(20.45%), Manganese: 0.36mg (17.86%), Magnesium: 67.29mg (16.82%), Vitamin E: 2.33mg (15.52%), Fiber: 3.45g (13.81%), Vitamin A: 663.68IU (13.27%), Iron: 2.29mg (12.7%), Vitamin B1: 0.19mg (12.56%), Vitamin K: 12.27µg (11.69%), Folate: 42.81µg (10.7%), Zinc: 1.47mg (9.83%), Calcium: 46.25mg (4.62%), Vitamin B12: 0.25µg (4.18%), Vitamin D: 0.23µg (1.56%)