



Wine Sauce Chicken

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



561 kcal

SAUCE

Ingredients

- 2 tablespoons butter
- 10.8 ounce cream of mushroom soup canned
- 5 ounce evaporated milk canned
- 2 cups mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 0.5 cup mayonnaise
- 0.3 cup parmesan cheese grated for topping
- 1.5 cups cheddar cheese shredded

- 6 chicken breasts boneless skinless cut into 2-inch cubes
- 0.5 cup slivered almonds for topping
- 0.5 cup white wine

Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Place the chicken in a saucepan and add water to cover. Bring to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the chicken pieces are no longer pink, about 10 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Melt the butter in a skillet over medium heat. Stir in the mushrooms; cook and stir until the mushrooms are lightly browned and have released their liquid, about 5 minutes.
- Place the chicken pieces in the prepared baking dish and add the sauteed mushrooms.
- In a small saucepan over medium heat, combine and heat the soup, milk, Cheddar cheese and garlic powder.
- Remove from heat and add the white wine and mayonnaise.
- Pour mixture over the chicken and mushrooms. Top with slivered almonds and grated Parmesan cheese and bake in the preheated oven for 1 hour.

Nutrition Facts

 **PROTEIN 28.45%**  **FAT 64.23%**  **CARBS 7.32%**

Properties

Glycemic Index:31.5, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:23.987391471863%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 561.27kcal (28.06%), Fat: 39.05g (60.08%), Saturated Fat: 13.35g (83.41%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 8.45g (3.07%), Sugar: 3.8g (4.22%), Cholesterol: 131.46mg (43.82%), Sodium: 925.3mg (40.23%), Alcohol: 2.06g (100%), Alcohol %: 0.86% (100%), Protein: 38.92g (77.84%), Selenium: 50.06µg (71.51%), Vitamin B3: 13.81mg (69.07%), Phosphorus: 536.27mg (53.63%), Vitamin B6: 0.96mg (48.14%), Vitamin B2: 0.6mg (35.11%), Calcium: 335.68mg (33.57%), Vitamin K: 31.95µg (30.43%), Vitamin B5: 2.56mg (25.57%), Vitamin E: 3.52mg (23.43%), Potassium: 772.87mg (22.08%), Manganese: 0.43mg (21.25%), Zinc: 3.12mg (20.83%), Magnesium: 77.34mg (19.34%), Copper: 0.35mg (17.35%), Vitamin B12: 0.74µg (12.4%), Vitamin A: 538.31IU (10.77%), Vitamin B1: 0.15mg (10.1%), Iron: 1.48mg (8.25%), Folate: 26.94µg (6.73%), Fiber: 1.57g (6.28%), Vitamin C: 2.48mg (3.01%), Vitamin D: 0.43µg (2.86%)