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## Balsamic Chicken and Mushrooms

This recipe is a delicious combination of tender chicken breasts and flavorful mushrooms, all cooked in a tangy balsamic glaze. It's a perfect dish for a hearty dinner or a special occasion.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	Chicken Breasts
<b>200 g</b>	Mushrooms
<b>60 ml</b>	balsamic vinegar
<b>2 tbsp</b>	olive oil
<b>2 cloves</b>	garlic

1 tsp	salt
1 tsp	black pepper
1 tbsp	fresh thyme

## Directions

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### Step 1

Season the chicken breasts with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

Heat olive oil in a skillet over medium heat. Add the chicken breasts and cook until browned on both sides, about 5 minutes per side. Remove from the skillet and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Sautéing

In the same skillet, add the mushrooms and garlic. Cook until the mushrooms are tender, about 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 4

Sautéing

Add the balsamic vinegar and fresh thyme to the skillet. Cook for an additional 2 minutes, stirring occasionally.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 5

Sautéing

Return the chicken breasts to the skillet and cook for another 5 minutes, or until the chicken is cooked through and the sauce has thickened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 6

Serve the balsamic chicken and mushrooms hot, garnished with fresh thyme leaves.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Birthday Picnic

### Cuisines

Italian French Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat

### Kitchen Tools

Blender

### Course

Appetizers Main Dishes Side Dishes Drinks Salads Sauces & Dressings

### Cultural

Chinese New Year Easter

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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