

Healthy Chicken Stroganoff

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-mushroom-greek-yogurt-recipe>

Ingredients:

- 1 tablespoon olive oil
- 227 grams mushroom sliced
- 1 cup white onions — diced
- 1 tablespoon garlic — minced
- 1 cup chicken breast — diced
- salt
- pepper
- 1/2 cup white wine
- 1 cup tomato sauce
- 1/2 cup Greek yogurt
- 2 tablespoons Dijon mustard
- 1/2 cup parsley — chopped

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 30 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 13 grams
7. SaturatedFat: 2 grams
8. Sodium: 530 milligrams
9. Sugar: 11 grams

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