



WHATSheATE



Baked Chicken with Ciabatta Dressing

READY IN



48 min.

SERVINGS



2

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons chiles in adobo sauce
- ☐ 16 ounce skin-on chicken breasts
- ☐ 4 tablespoons butter
- ☐ 2 ribs celery diced
- ☐ 1 cup chicken stock see
- ☐ 3 cups ciabatta bread cubed
- ☐ 3 tablespoons garlic minced
- ☐ 1 cup leeks sliced
- ☐ 0.3 cup marsala wine

- ☐ 1 small onion diced
- ☐ 0.3 cup parsley leaves chopped
- ☐ 2 teaspoons poultry seasoning plus more for sprinkling
- ☐ 2 servings salt and freshly cracked pepper black
- ☐ 1 cup mushrooms white sliced

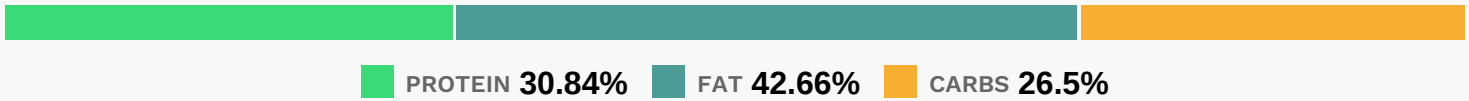
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large deep saute pan over medium-high heat, add 2 tablespoons of the butter.
- ☐ Add the celery, onions, and garlic and cook until soft. Stir in the mushrooms, adobo sauce, poultry seasoning, wine, and chicken stock. Cook until warmed throughout, then add the bread. Turn the heat to low, and let the bread absorb the liquid.
- ☐ Sprinkle with the parsley and leeks, and stir to combine.
- ☐ In a large saute pan, over medium-high heat, add the remaining 2 tablespoons of butter and allow it to brown. Season the chicken breasts with salt, pepper, to taste, and sprinkle with a little poultry seasoning. Sear the chicken breasts, skin side down, about 2 minutes per side. Nestle the chicken breasts into the bread mixture.
- ☐ Bake until an internal temperature registers 165 degrees F on an instant-read thermometer, about 20 to 25 minutes.
- ☐ Remove the chicken from the oven, transfer it to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:117.5, Glycemic Load:4.21, Inflammation Score:-9, Nutrition Score:39.232608774434%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 17.3mg, Apigenin: 17.3mg, Apigenin: 17.3mg, Apigenin: 17.3mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 803.88kcal (40.19%), Fat: 36.63g (56.35%), Saturated Fat: 17.18g (107.35%), Carbohydrates: 51.18g (17.06%), Net Carbohydrates: 47.13g (17.14%), Sugar: 9.75g (10.83%), Cholesterol: 208.95mg (69.65%), Sodium: 5699.53mg (247.81%), Alcohol: 4.59g (100%), Alcohol %: 0.88% (100%), Protein: 59.57g (119.14%), Vitamin K: 176.82µg (168.4%), Vitamin B3: 28.07mg (140.37%), Selenium: 83.55µg (119.36%), Vitamin B6: 2.18mg (108.99%), Phosphorus: 631.09mg (63.11%), Vitamin A: 2438.12IU (48.76%), Potassium: 1541.19mg (44.03%), Vitamin B5: 4.3mg (42.96%), Manganese: 0.74mg (37.15%), Vitamin B2: 0.61mg (36.16%), Vitamin C: 28.66mg (34.74%), Magnesium: 109.15mg (27.29%), Iron: 4.74mg (26.32%), Folate: 90.55µg (22.64%), Copper: 0.45mg (22.27%), Vitamin B1: 0.33mg (22.04%), Vitamin E: 2.46mg (16.43%), Fiber: 4.05g (16.22%), Calcium: 161.12mg (16.11%), Zinc: 2.29mg (15.3%), Vitamin B12: 0.52µg (8.67%), Vitamin D: 0.32µg (2.15%)