



Bistro-Style Chicken with Wild Mushrooms and Madeira

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.5 cup madeira wine dry
- ☐ 8 ounces mushrooms such as cremini, shiitake, oyster, and button sliced
- ☐ 0.1 teaspoon nutmeg whole grated

- ☐ 0.5 teaspoon pepper divided
- ☐ 2 pounds potatoes red halved
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds chicken thighs boneless skinless

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ potato masher
- ☐ aluminum foil

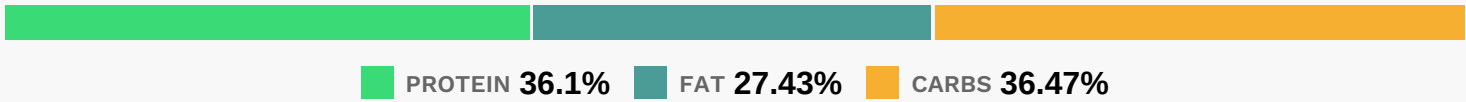
Directions

- ☐ Preheat oven to 350
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt, 1/4 teaspoon pepper, and grated nutmeg.
- ☐ Place chicken in a shallow roasting pan coated with cooking spray; cover with foil.
- ☐ Bake chicken, covered, at 350 for 30 minutes. Turn chicken over; bake, uncovered, an additional 30 minutes or until chicken is done.
- ☐ Remove chicken to a serving platter, reserving 1 tablespoon of pan drippings. Keep chicken warm.
- ☐ Place potatoes in a medium saucepan; cover with water. Bring to a boil; cook 15 minutes or until very tender.
- ☐ Drain. Return potatoes to pan; add milk, 1 tablespoon butter, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; mash with a potato masher to desired consistency.
- ☐ Heat reserved pan drippings in a large skillet over medium heat.
- ☐ Add mushrooms to pan; cook 3 minutes or until moisture evaporates, stirring constantly. Stir in broth and wine, scraping pan to loosen browned bits; cook 5 minutes, stirring frequently.
- ☐ Remove from heat; stir in remaining 1 tablespoon butter.
- ☐ Drizzle gravy over chicken; sprinkle with parsley.

☐

Serve with potatoes.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:31.458260971567%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 465.7kcal (23.28%), Fat: 13.62g (20.95%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 36.11g (13.13%), Sugar: 5.94g (6.6%), Cholesterol: 178.12mg (59.37%), Sodium: 778.01mg (33.83%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 40.32g (80.65%), Vitamin B3: 14.59mg (72.95%), Vitamin K: 74.06µg (70.53%), Selenium: 46.83µg (66.91%), Vitamin B6: 1.25mg (62.33%), Phosphorus: 551.6mg (55.16%), Potassium: 1740.25mg (49.72%), Vitamin B2: 0.66mg (39.03%), Vitamin B5: 3.74mg (37.37%), Vitamin C: 25.68mg (31.13%), Copper: 0.6mg (30.08%), Vitamin B1: 0.41mg (27.27%), Magnesium: 103.79mg (25.95%), Zinc: 3.85mg (25.7%), Vitamin B12: 1.42µg (23.61%), Manganese: 0.46mg (22.82%), Iron: 3.72mg (20.68%), Fiber: 4.62g (18.49%), Folate: 64.72µg (16.18%), Vitamin A: 606.78IU (12.14%), Calcium: 90.09mg (9.01%), Vitamin E: 0.53mg (3.56%), Vitamin D: 0.44µg (2.92%)