

 food
network

Boudin Blanc

READY IN



70 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brandy
- 0.3 cup breadcrumbs
- 2.3 pounds chicken breast boneless cubed
- 0.3 cup heavy whipping cream
- 0.7 teaspoon ground coriander
- 0.7 teaspoon pepper white
- 1.3 tablespoons kosher salt
- 0.3 pound pancetta cubed
- 2 tablespoons parsley

1 tablespoon thyme leaves

Equipment

bowl

grill

meat grinder

Directions

Soak the bread crumbs in the cream until soft.

Combine the remaining ingredients in a bowl and mix to combine well. Grind all ingredients twice in a meat grinder fitted with a 3/16-inch plate. Case in hog casings.

Saute, grill, or poach.

Nutrition Facts


PROTEIN 45.49% **FAT 49.36%** **CARBS 5.15%**

Properties

Glycemic Index:15.33, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:20.463043181793%

Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 387.8kcal (19.39%), Fat: 19.49g (29.99%), Saturated Fat: 7.42g (46.38%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.02g (1.46%), Sugar: 0.68g (0.75%), Cholesterol: 140.43mg (46.81%), Sodium: 1855.11mg (80.66%), Alcohol: 3.34g (100%), Alcohol %: 1.84% (100%), Protein: 40.42g (80.85%), Vitamin B3: 19.11mg (95.53%), Selenium: 61.1µg (87.28%), Vitamin B6: 1.36mg (67.84%), Phosphorus: 412.3mg (41.23%), Vitamin B5: 2.63mg (26.32%), Vitamin K: 22.93µg (21.84%), Potassium: 718.6mg (20.53%), Vitamin B1: 0.23mg (15.16%), Vitamin B2: 0.24mg (14.21%), Magnesium: 53.61mg (13.4%), Zinc: 1.44mg (9.58%), Vitamin A: 422.47IU (8.45%), Vitamin B12: 0.5µg (8.38%), Iron: 1.33mg (7.41%), Vitamin C: 5.86mg (7.1%), Manganese: 0.11mg (5.56%), Copper: 0.09mg (4.27%), Vitamin E: 0.57mg (3.78%), Folate: 14.72µg (3.68%), Calcium: 36.36mg (3.64%), Vitamin D: 0.48µg (3.22%), Fiber: 0.56g (2.24%)