



HEALTH SCORE

97%

Braised Chicken with Mushrooms



Gluten Free



Dairy Free



Very Healthy

READY IN



190 min.

SERVINGS



4

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 carrots finely chopped
- ☐ 2 ribs celery finely chopped
- ☐ 4 pieces chicken leg quarters bone-in
- ☐ 2 cups chicken stock see
- ☐ 1 pound cremini mushrooms thinly sliced
- ☐ 1 ounce porcini mushrooms dried
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 2 large bay leaves fresh

- ☐ 5 cloves garlic thinly sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup white wine
- ☐ 4 servings olive oil for frying
- ☐ 2 onions sliced
- ☐ 3 sprigs thyme leaves leaves picked finely chopped

Equipment

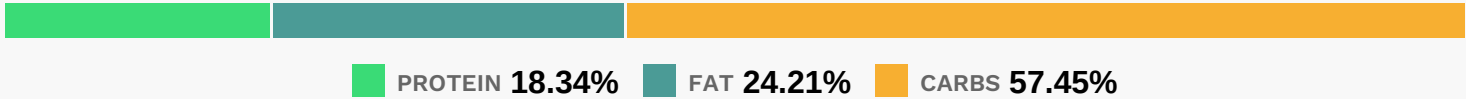
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Quick-cooking polenta made to package directions, or crusty-style bake-off packaged bread such as ciabatta or, fresh crusty bread – pop in freezer if storing more than one night.
- ☐ Place the dried mushrooms, and stock in small pot over medium-high heat. Bring to low boil then reduce heat to low and reconstitute.
- ☐ Heat a thin layer of olive oil, a couple of turns of the pan, in a large skillet with a tight-fitting lid or a Dutch oven, over medium-high heat. Pat the chicken pieces dry, and season liberally with salt and pepper. To avoid crowding the pan, brown 1/2 the chicken at a time, skin-side down, for 5 minutes, then turn the chicken and brown 3 to 4 minutes more.
- ☐ Remove the browned chicken to a plate and add to the pan the sliced fresh mushrooms, browning the mushrooms for 10 to 15 minutes.
- ☐ Add the onion, carrot, celery, garlic, thyme, and bay leaves, salt, and pepper and stir 10 minutes more to soften.
- ☐ Deglaze the pot with the Marsala.
- ☐ Add the chicken pieces back to the pot and arrange the vegetables and mushrooms on top.
- ☐ Remove the porcini from the small pot, roughly chop, and add to chicken.
- ☐ Pour the porcini stock over the chicken, reserving the last couple of spoonfuls, as this is where any grit may have settled.

- ☐
- Cover and braise at a low simmer for 30 minutes over low heat. Cool and store for a make-ahead meal. Reheat over a medium flame, or in a preheated 325 degree F oven, and heat through 20 to 30 minutes.
- ☐
- Serve with quick-cooking polenta or crusty bread, and garnish with chopped celery tops.

Nutrition Facts



Properties

Glycemic Index:64.96, Glycemic Load:2.78, Inflammation Score:-10, Nutrition Score:28.797826072444%

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: 16.77mg, Apigenin: 16.77mg, Apigenin: 16.77mg, Apigenin: 16.77mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg

Nutrients (% of daily need)

Calories: 187.43kcal (9.37%), Fat: 4.85g (7.46%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 21.82g (7.93%), Sugar: 8.44g (9.38%), Cholesterol: 4.58mg (1.53%), Sodium: 225.83mg (9.82%), Alcohol: 3.09g (100%), Alcohol %: 0.97% (100%), Protein: 8.27g (16.53%), Vitamin K: 135.4µg (128.95%), Vitamin A: 5862.02IU (117.24%), Copper: 1.07mg (53.49%), Selenium: 36.54µg (52.2%), Vitamin B2: 0.81mg (47.81%), Vitamin B3: 7.85mg (39.26%), Vitamin B5: 3.53mg (35.32%), Potassium: 1058.77mg (30.25%), Manganese: 0.52mg (25.96%), Phosphorus: 238.82mg (23.88%), Vitamin C: 19.35mg (23.45%), Vitamin B6: 0.46mg (23.23%), Folate: 81.63µg (20.41%), Fiber: 4.07g (16.3%), Vitamin B1: 0.24mg (15.82%), Zinc: 2.34mg (15.6%), Magnesium: 45.03mg (11.26%), Iron: 1.87mg (10.38%), Calcium: 79.35mg (7.93%), Vitamin E: 0.78mg (5.19%), Vitamin D: 0.39µg (2.61%), Vitamin B12: 0.12µg (2%)