



Braised Chicken with White Asparagus and Morel Sauté with Crème Fraîche

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 tablespoons butter divided ()
- ☐ 6 large .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs ()
- ☐ 0.5 cup crème fraîche sour
- ☐ 0.3 cup sherry dry
- ☐ 1 cup wine dry white
- ☐ 2 tablespoons thyme sprigs fresh

- ☐ 1 cup leek white green sliced (and pale parts only)
- ☐ 4 cups chicken broth
- ☐ 0.8 ounce morel mushrooms dried
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 cup onion sliced
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 6 servings asparagus white

Equipment

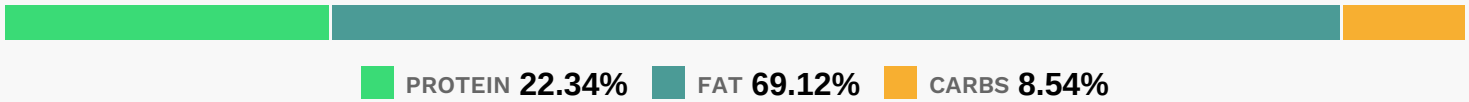
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Toss chicken pieces with peel, thyme, and chopped parsley in large bowl. Cover and refrigerate at least 4 hours or overnight.
- ☐ Let chicken pieces stand at room temperature 15 minutes.
- ☐ Sprinkle with salt and pepper; let stand 15 minutes more.
- ☐ Preheat oven to 325°F. Melt 2 tablespoons butter with oil in large skillet over medium-high heat. Working in 2 batches, add chicken pieces, skin side down; cook until deep brown, about 5 minutes. Turn chicken over; reduce heat to medium and cook 2 minutes. Arrange in single layer in large ovenproof pot.
- ☐ Pour off all but 4 tablespoons drippings from skillet.

- ☐ Add onion, leeks, morels, and bay leaves to skillet; sauté over medium heat until vegetables are golden, about 7 minutes.
- ☐ Add wine and Sherry; increase heat to high and boil until liquid is reduced by half, about 2 minutes.
- ☐ Add broth; bring to boil.
- ☐ Add 6 parsley sprigs.
- ☐ Pour vegetables over chicken. Cover pot with plastic wrap, then foil.
- ☐ Bake until chicken is very tender, about 1 1/2 hours.
- ☐ Increase oven temperature to 400°F.
- ☐ Transfer chicken pieces to rimmed baking sheet; roast in oven until brown, about 15 minutes.
- ☐ Meanwhile, strain vegetable–broth mixture into medium saucepan. Press on solids to extract as much liquid as possible. Boil liquid until reduced to 3 cups, about 15 minutes.
- ☐ Whisk in remaining 2 tablespoons butter. Season with salt and pepper.
- ☐ Arrange chicken on large platter. Spoon reduced juices over. Arrange white asparagus, morels, and leeks over and around chicken. Top each chicken leg with dollop of crème fraîche and serve.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:15.870000009951%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 491.3kcal (24.56%), Fat: 35.26g (54.24%), Saturated Fat: 12.99g (81.21%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.58g (3.12%), Sugar: 3.1g (3.45%), Cholesterol: 151.18mg (50.39%), Sodium: 229.67mg (9.99%), Alcohol: 5.15g (100%), Alcohol %: 1.57% (100%), Protein: 25.64g (51.27%), Vitamin B3: 8.57mg (42.84%), Selenium: 24.42µg (34.89%), Vitamin K: 34.87µg (33.21%), Phosphorus: 296.28mg (29.63%), Vitamin B6: 0.54mg (27.04%), Vitamin A: 951.77IU (19.04%), Vitamin B2: 0.3mg (17.91%), Potassium: 562.52mg (16.07%), Zinc: 2.38mg (15.87%), Vitamin B12: 0.93µg (15.58%), Iron: 2.71mg (15.04%), Vitamin B5: 1.46mg (14.64%), Manganese: 0.25mg (12.72%), Vitamin C: 9.76mg (11.84%), Magnesium: 45.23mg (11.31%), Copper: 0.22mg (11.13%), Vitamin B1: 0.13mg (8.54%), Calcium: 72.23mg (7.22%), Vitamin E: 1.07mg (7.15%), Folate: 25.62µg (6.4%), Fiber: 1.22g (4.88%), Vitamin D: 0.31µg (2.06%)