



WHATShEATE



Braised Chicken with Wild Mushrooms and Thyme



Vegetarian



Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



1488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup water boiling
- ☐ 0.5 oz the following: parmesan rind) dried
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon olive oil
- ☐ 3 lb irish oats
- ☐ 2 cups onion chopped
- ☐ 5 cloves garlic finely chopped

- ☐ 6 medium mushrooms sliced
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery stalks chopped
- ☐ 2 bay leaves dried
- ☐ 2 thyme sprigs dried fresh
- ☐ 5 tablespoons parsley fresh chopped
- ☐ 1 cup chicken broth
- ☐ 0.5 cup wine dry white
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground

Equipment

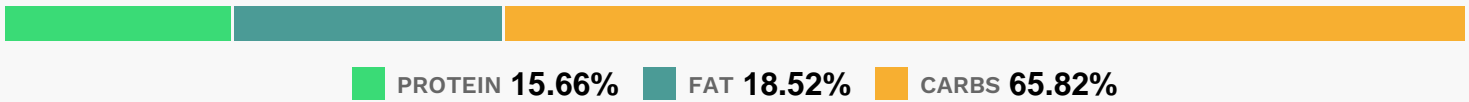
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Adjust oven rack to middle position.
- ☐ Heat oven to 300°F.
- ☐ In small bowl, pour boiling water over dried mushrooms.
- ☐ Let stand 30 minutes to allow mushrooms to rehydrate (if mushrooms float to surface, place small saucer in bowl to keep them submerged). Use slotted spoon to remove rehydrated mushrooms from water; set aside. Reserve mushroom water.
- ☐ In 4- or 5-quart ovenproof Dutch oven, heat butter and oil over medium-high heat until butter is melted.

- ☐ Add half of the chicken pieces and cook 6 minutes, turning occasionally, until chicken is deep golden brown (you are not cooking the chicken, just giving it color).
- ☐ Remove chicken from Dutch oven and place on plate. Repeat with remaining chicken.
- ☐ Reduce heat to medium and add onions and garlic. Cook 5 minutes, stirring occasionally, until soft.
- ☐ Add rehydrated and sliced button mushrooms, carrots, celery, bay leaves, thyme and 3 tablespoons of the parsley. Cook 5 minutes, stirring occasionally, until vegetables are softened and mushrooms give up their juices.
- ☐ Add reserved mushroom water and heat to a simmer. Simmer uncovered 10 minutes (you are trying to concentrate the flavor of the liquid).
- ☐ Add chicken (along with any juices that may have accumulated on plate), broth, wine, tomatoes, salt and pepper.
- ☐ Cover pan and place in oven.
- ☐ Bake 1 1/2 hours or until chicken is very tender and there is a good amount of broth.
- ☐ Remove and discard bay leaves and thyme sprig.
- ☐ Place 2 pieces chicken into each of 4 large, flat serving bowls and ladle broth over.
- ☐ Sprinkle with remaining 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:99.71, Glycemic Load:110.18, Inflammation Score:-10, Nutrition Score:28.469130494024%

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: 11.53mg, Apigenin: 11.53mg, Apigenin: 11.53mg, Apigenin: 11.53mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg

Nutrients (% of daily need)

Calories: 1488.23kcal (74.41%), Fat: 30.81g (47.4%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 246.32g (82.11%), Net Carbohydrates: 204.17g (74.24%), Sugar: 8.93g (9.92%), Cholesterol: 8.7mg (2.9%), Sodium: 588.1mg (25.57%), Alcohol: 3.09g (100%), Alcohol %: 0.5% (100%), Protein: 58.62g (117.23%), Fiber: 42.15g (168.58%), Vitamin A: 6118.84IU (122.38%), Vitamin K: 99.66µg (94.92%), Iron: 16.23mg (90.16%), Vitamin C: 27.48mg (33.31%), Calcium: 266.69mg (26.67%), Manganese: 0.47mg (23.51%), Copper: 0.44mg (21.86%), Vitamin B6: 0.4mg (20.21%), Potassium: 698.76mg (19.96%), Vitamin B2: 0.32mg (18.63%), Vitamin B5: 1.62mg (16.17%), Vitamin B3: 2.96mg (14.8%), Folate: 57.41µg (14.35%), Vitamin B1: 0.17mg (11.21%), Phosphorus: 111.64mg (11.16%), Vitamin E: 1.65mg (10.98%), Magnesium: 41.79mg (10.45%), Selenium: 5.63µg (8.04%), Zinc: 1mg (6.65%), Vitamin D: 0.19µg (1.28%)