



WHATSheATE



Broiled Chicken Over Braised Porcini and Savoy Cabbage

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings optional: dill fresh
- ☐ 1 ounce the following: parmesan rind) dried
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 garlic clove minced
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 teaspoon olive oil

- ☐ 0.5 teaspoon salt
- ☐ 6 ounces savoy cabbage thinly sliced
- ☐ 1 shallots chopped
- ☐ 24 ounce chicken breast halves boneless skinless trimmed
- ☐ 1.5 cups water

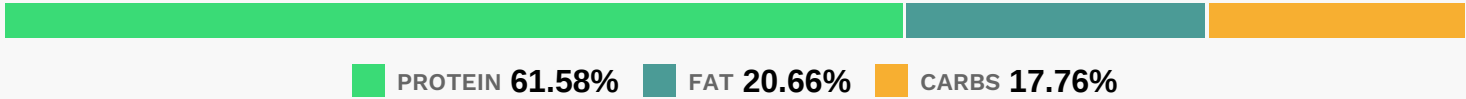
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Soak porcini in boiling-hot water until softened, 15 to 20 minutes.
- ☐ Drain in a paper-towel lined sieve set over a bowl, reserving soaking liquid. Rinse porcini well to remove any grit, then drain, pat dry, and coarsely chop.
- ☐ Mash half of garlic to a paste with salt and stir together with yogurt and pepper to taste. Coat chicken with yogurt and let marinate 20 minutes.
- ☐ While chicken is marinating, cook shallot and remaining garlic in oil in a large nonstick skillet over moderate heat, stirring frequently, until softened, 2 to 3 minutes. Stir in porcini, then add cabbage, 1 tablespoon each dill and parsley, reserved soaking liquid, and salt and pepper to taste. Braise, covered, over moderate heat until cabbage is barely tender, 8 to 10 minutes, and stir in remaining dill and parsley. Keep warm.
- ☐ Preheat broiler and broiler pan.
- ☐ Lightly brush hot broiler pan with oil and broil chicken about 4 inches from heat 4 to 6 minutes on each side, or until just cooked through.
- ☐ Cut each breast into 3 pieces and arrange over porcini and cabbage.
- ☐ Each serving about 249 calories and 6 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:26.6099998329%

Flavonoids

Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 254.68kcal (12.73%), Fat: 5.8g (8.92%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 8.74g (3.18%), Sugar: 2.74g (3.04%), Cholesterol: 109.78mg (36.59%), Sodium: 518.56mg (22.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.86g (77.72%), Vitamin B3: 18.95mg (94.75%), Selenium: 59.09µg (84.41%), Vitamin B6: 1.49mg (74.59%), Vitamin K: 63.13µg (60.12%), Phosphorus: 427.65mg (42.76%), Vitamin B5: 4.19mg (41.9%), Potassium: 917.99mg (26.23%), Vitamin C: 19.95mg (24.18%), Copper: 0.47mg (23.63%), Vitamin B2: 0.31mg (18.41%), Magnesium: 72.21mg (18.05%), Folate: 59.77µg (14.94%), Vitamin A: 676.24IU (13.52%), Manganese: 0.26mg (13.11%), Zinc: 1.87mg (12.49%), Vitamin B1: 0.18mg (11.88%), Fiber: 2.47g (9.87%), Vitamin B12: 0.43µg (7.1%), Iron: 1.21mg (6.73%), Calcium: 66.17mg (6.62%), Vitamin E: 0.56mg (3.76%), Vitamin D: 0.45µg (2.98%)