



Chicken and Artichoke Fricassée with Morel Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour for dredging
- ☐ 12 baby artichokes
- ☐ 1 bay leaves
- ☐ 2 tablespoons butter
- ☐ 2 medium carrots peeled thinly sliced
- ☐ 4 skin-on chicken drumsticks
- ☐ 4 strips.
- ☐ 0.3 cup crème fraîche

- ☐ 0.3 cup wine dry white
- ☐ 2 tablespoons thyme sprigs fresh divided chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup chicken broth
- ☐ 4 ounces morel mushrooms fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons salt
- ☐ 2 large shallots thinly sliced
- ☐ 6 cups water

Equipment

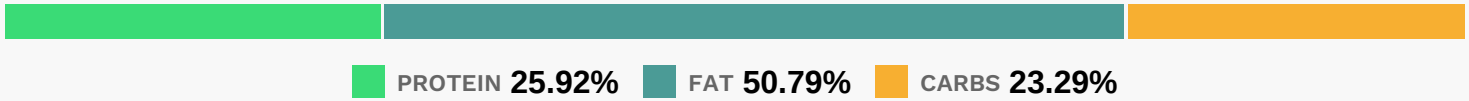
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Fill large bowl with water. Squeeze juice from 1 lemon into water; add lemon halves. Tear outer leaves from 1 artichoke until only pale green leaves remain.
- ☐ Cut top 3/4 inch from top; trim end of stem.
- ☐ Cut in half lengthwise. Rub cut sides of artichoke with lemon half; transfer to bowl with lemon water. Repeat with remaining artichokes.
- ☐ Bring 6 cups water, 2 tablespoons flour, 2 teaspoons salt, and bay leaf to boil in large saucepan.
- ☐ Add artichoke halves and cook until just tender, about 5 minutes.
- ☐ Drain.
- ☐ Melt butter with oil in heavy large deep skillet over medium heat.
- ☐ Sprinkle chicken with salt and pepper. Dredge chicken in flour, shaking off excess. Cook chicken until golden brown, about 4 minutes per side.
- ☐ Transfer chicken to plate.

- ☐ Add mushrooms, carrots, and shallots to skillet.
- ☐ Sprinkle with salt and pepper. Sauté until vegetables begin to soften, about 4 minutes.
- ☐ Add 1 tablespoon thyme and garlic; sauté 1 minute.
- ☐ Add wine; bring to boil.
- ☐ Add broth and artichokes; bring to boil.
- ☐ Return chicken to skillet, reduce heat to medium low, cover, and simmer 20 minutes. Turn chicken, cover, and simmer until cooked through, about 15 minutes longer.
- ☐ Transfer chicken and vegetables to platter.
- ☐ Whisk crème fraîche into sauce in skillet; bring to boil. Season with salt and pepper.
- ☐ Pour sauce over chicken, sprinkle with remaining 1 tablespoon thyme, and serve.

Nutrition Facts



Properties

Glycemic Index:53.97, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:20.819999943609%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 437.91kcal (21.9%), Fat: 25.53g (39.28%), Saturated Fat: 8.37g (52.31%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 15.39g (5.6%), Sugar: 5.26g (5.84%), Cholesterol: 135.95mg (45.32%), Sodium: 1168.76mg (50.82%), Alcohol: 1.03g (100%), Alcohol %: 0.21% (100%), Protein: 29.31g (58.63%), Vitamin A: 5285.55IU (105.71%), Fiber: 10.95g (43.82%), Iron: 6.64mg (36.89%), Selenium: 25.75µg (36.78%), Vitamin B3: 7.07mg (35.34%), Phosphorus: 273.65mg (27.37%), Vitamin B6: 0.54mg (26.76%), Zinc: 2.54mg (16.91%), Vitamin B2: 0.28mg (16.76%), Vitamin B5: 1.52mg (15.15%), Potassium: 493.84mg (14.11%), Copper: 0.27mg (13.63%), Vitamin B12: 0.81µg (13.46%), Manganese: 0.27mg (13.33%), Calcium: 119.45mg (11.94%), Vitamin C: 9.25mg (11.21%), Magnesium:

41.25mg (10.31%), Vitamin B1: 0.15mg (10.17%), Vitamin D: 1.09µg (7.26%), Vitamin K: 7.53µg (7.17%), Vitamin E: 0.87mg (5.83%), Folate: 18.66µg (4.66%)