



Chicken and Artichokes

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce artichoke heart quarters drained chopped canned
- ☐ 9 tablespoons butter divided
- ☐ 4 chicken breast halves bone-in
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1.5 cups milk

- ☐ 0.5 small onion diced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

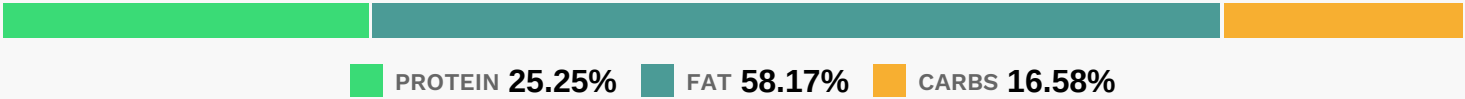
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Remove and discard skin and bones from chicken breasts.
- ☐ Cut chicken breasts into strips, and set aside.
- ☐ Melt 3 tablespoons butter in a large nonstick skillet over medium heat; add mushrooms and onion, and saut 6 minutes.
- ☐ Add garlic, and saut 2 minutes.
- ☐ Remove mushroom mixture from skillet.
- ☐ Melt 2 tablespoons butter in the same skillet over medium heat; add chicken strips, and cook 10 minutes or until chicken is tender. Stir in wine, and cook 5 minutes. Return mushroom mixture to skillet, stirring well.
- ☐ Remove skillet from heat.
- ☐ Melt remaining 4 tablespoons butter in a small saucepan.
- ☐ Whisk in flour until blended and smooth. Gradually whisk in milk, and cook, whisking constantly, 5 minutes or until mixture thickens. Stir in artichokes and next 3 ingredients.
- ☐ Spoon chicken mixture into an 11- x 7-inch baking dish; top evenly with the artichoke mixture.
- ☐ Bake at 300 for 15 minutes or until bubbly.
- ☐ Sprinkle with parsley.
- ☐ *Chicken broth may be substituted for white wine.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:6.43, Inflammation Score:-8, Nutrition Score:19.481739168582%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 533.28kcal (26.66%), Fat: 33.14g (50.98%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 17.55g (6.38%), Sugar: 6.95g (7.73%), Cholesterol: 88.74mg (29.58%), Sodium: 1598.3mg (69.49%), Alcohol: 1.54g (100%), Alcohol %: 0.39% (100%), Protein: 32.37g (64.74%), Vitamin B3: 13.26mg (66.28%), Selenium: 45.14µg (64.48%), Vitamin B6: 0.97mg (48.31%), Phosphorus: 412.26mg (41.23%), Vitamin A: 1365.98IU (27.32%), Vitamin B2: 0.41mg (24.31%), Vitamin B5: 2.42mg (24.16%), Potassium: 693.05mg (19.8%), Calcium: 190.28mg (19.03%), Fiber: 3.7g (14.82%), Vitamin B1: 0.22mg (14.37%), Vitamin B12: 0.85µg (14.09%), Magnesium: 50.17mg (12.54%), Zinc: 1.52mg (10.16%), Vitamin E: 1.28mg (8.53%), Vitamin D: 1.2µg (7.99%), Manganese: 0.15mg (7.43%), Copper: 0.13mg (6.48%), Folate: 25.48µg (6.37%), Iron: 1.02mg (5.65%), Vitamin C: 2.84mg (3.44%), Vitamin K: 1.35µg (1.29%)