



 **54%**
HEALTH SCORE

Chicken and Green Bean Casserole

READY IN



260 min.

SERVINGS



6

CALORIES



985 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon peppercorns whole black
- 5.4 ounces wheel boursin
- 4 tablespoons butter
- 1 cup buttermilk
- 0.5 pound button mushrooms sliced
- 1 carrots peeled coarsely chopped
- 2 ribs celery coarsely chopped
- 4 pound meat from a rotisserie chicken
- 1 cup cup heavy whipping cream

- 0.5 cup cooking wine dry white
- 1 tablespoon evoo
- 1 cup flour with salt, pepper and paprika
- 4 tablespoons flour
- 1 large bay leaf fresh
- 2 tablespoons tarragon dried fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 6 servings frying oil
- 2 cloves garlic crushed
- 3 cloves garlic chopped
- 1.5 pounds green beans trimmed cut into thirds
- 1 optional: lemon sliced
- 1 onion peeled quartered
- 1 onion small to medium very thinly sliced
- 6 servings herb bundle of parsley with a string
- 6 servings bell pepper
- 6 servings salt
- 2 large shallots chopped

Equipment

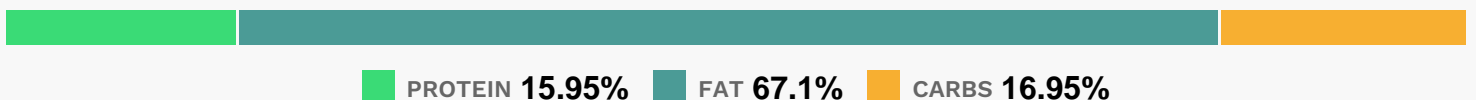
- frying pan
- paper towels
- oven
- pot
- casserole dish

Directions

- Watch how to make this recipe.

- Heat a few inches of water to a low boil, add salt and the green beans and cook 3 to 4 minutes to tender-crisp, drain.
- Heat the EVOO in a large, deep skillet over medium to medium-high heat, add the mushrooms and lightly brown them, 7 to 8 minutes.
- Add the butter, shallots and garlic, season with salt, pepper and thyme, and stir 2 to 3 minutes more.
- Add the flour, stir a minute, add the wine, stir in the stock and thicken.
- Add the cream and Boursin and reduce the heat to simmer.
- Add the green beans and chicken and thicken a bit; stir in the tarragon.
- Transfer into a casserole dish and cool. Cover and refrigerate for a make-ahead meal.
- To reheat: Bring back to room temp.
- Bake at 375 degrees F until bubbly, 50 to 60 minutes; top with homemade or store-bought Fried Onions.
- Place the chicken in a large stockpot.
- Add the celery, carrot, onion, garlic, lemon, bay leaf, peppercorns and the herb bundle; season with salt. Cover the chicken with water and bring to a boil; reduce the heat to a low, rolling simmer. Simmer 60 to 75 minutes, then cool the chicken in its stock. Strain the stock.
- Remove the chicken in large pieces from the skin and bones.
- Cut half of the meat into bite-size chunks. Thinly slice or pull the remaining meat.
- Heat 2 to 3 inches of frying oil to 365 degrees F in a countertop fryer or in a deep medium pot over medium to medium-high heat. Separate the onion rings and soak in the buttermilk. Toss a few rings at a time into the flour and fry until crisp; drain on paper towels and repeat with the remaining onions.

Nutrition Facts



Properties

Glycemic Index:120.56, Glycemic Load:10.35, Inflammation Score:-10, Nutrition Score:48.584347351738%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 9.06mg, Apigenin: 9.06mg, Apigenin: 9.06mg, Apigenin: 9.06mg Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 11.05mg, Quercetin: 11.05mg, Quercetin: 11.05mg, Quercetin: 11.05mg

Nutrients (% of daily need)

Calories: 985.04kcal (49.25%), Fat: 75.36g (115.93%), Saturated Fat: 31.05g (194.05%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 28.63g (10.41%), Sugar: 17.02g (18.91%), Cholesterol: 204.54mg (68.18%), Sodium: 616.52mg (26.81%), Alcohol: 2.06g (100%), Alcohol %: 0.41% (100%), Protein: 40.31g (80.63%), Vitamin A: 15644.55IU (312.89%), Vitamin C: 137.65mg (166.85%), Vitamin K: 170.64µg (162.51%), Vitamin B6: 1.56mg (78.13%), Vitamin B3: 15.54mg (77.7%), Vitamin E: 9.59mg (63.96%), Manganese: 1.19mg (59.72%), Vitamin B2: 0.98mg (57.76%), Fiber: 14.19g (56.75%), Iron: 9.02mg (50.1%), Phosphorus: 475.48mg (47.55%), Potassium: 1615.04mg (46.14%), Selenium: 31.7µg (45.29%), Folate: 141.13µg (35.28%), Magnesium: 137.1mg (34.28%), Vitamin B5: 3.34mg (33.39%), Vitamin B1: 0.43mg (28.84%), Calcium: 274.53mg (27.45%), Zinc: 4.01mg (26.76%), Copper: 0.52mg (26.06%), Vitamin B12: 0.73µg (12.14%), Vitamin D: 1.52µg (10.14%)