



Chicken and Mushrooms with Rigatoni

READY IN



35 min.

SERVINGS



6

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pound button mushrooms sliced
- ☐ 2 cups poached chicken
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons evoo
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup plum brandy dry
- ☐ 6 servings parmigiano-reggiano freshly grated

- ☐ 1 pound rigatoni
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 shallots finely chopped
- ☐ 3 sprigs sage and thyme fresh finely chopped
- ☐ 2 cups tomato passata
- ☐ 2 tablespoons tomato paste

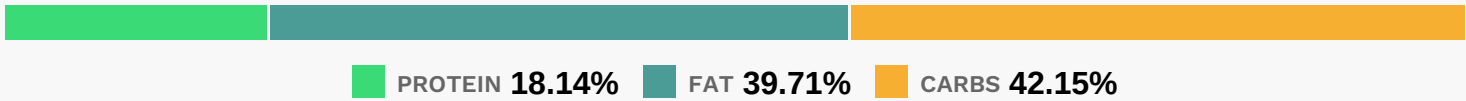
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the EVOO in a deep skillet over medium-high heat, add the butter and melt into the oil.
- ☐ Add the mushrooms and brown well.
- ☐ Add the garlic, shallots, herbs and some salt and pepper, and cook for 2 to 3 minutes more. Then add the tomato paste, stir 1 minute more.
- ☐ Add the marsala, stir.
- ☐ Add the passata, stock and cream, and combine.
- ☐ Add the chicken and simmer over low heat to thicken. Adjust seasoning. Cool and store for a make-ahead meal.
- ☐ Bring a pot of water to boil for the pasta, salt the water and cook the rigatoni to al dente. Reserve a cup starchy water, then drain. Toss the pasta with the sauce and add the starchy water as needed if the mixture seems dry or tight.
- ☐ Serve topped with Parmigiano-Reggiano.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:24.91, Inflammation Score:-8, Nutrition Score:25.164782586305%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 643.15kcal (32.16%), Fat: 28.12g (43.25%), Saturated Fat: 13.71g (85.7%), Carbohydrates: 67.14g (22.38%), Net Carbohydrates: 62.81g (22.84%), Sugar: 7.72g (8.58%), Cholesterol: 67.61mg (22.54%), Sodium: 640.8mg (27.86%), Alcohol: 1.37g (100%), Alcohol %: 0.5% (100%), Protein: 28.89g (57.78%), Selenium: 66.3µg (94.71%), Copper: 1.18mg (58.92%), Phosphorus: 492.37mg (49.24%), Manganese: 0.91mg (45.45%), Calcium: 406.45mg (40.64%), Vitamin B2: 0.57mg (33.34%), Vitamin B3: 6.47mg (32.37%), Vitamin A: 1165.05IU (23.3%), Potassium: 750.07mg (21.43%), Vitamin B6: 0.41mg (20.68%), Magnesium: 78.45mg (19.61%), Vitamin B5: 1.91mg (19.06%), Zinc: 2.82mg (18.79%), Fiber: 4.33g (17.31%), Vitamin C: 11.18mg (13.55%), Vitamin B1: 0.2mg (13.4%), Iron: 2.39mg (13.26%), Vitamin E: 1.69mg (11.26%), Folate: 43.7µg (10.92%), Vitamin K: 9.55µg (9.09%), Vitamin B12: 0.49µg (8.1%), Vitamin D: 0.65µg (4.36%)