



Chicken-and-Wild-Mushroom Fricassee

 Gluten Free

READY IN



26 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.8 cup fat-skimmed beef broth fat-free
- 1 cup leek thinly sliced (1 medium)
- 1 tablespoon olive oil divided
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 3 cups mushroom caps wild (shiitake, chanterelle, oyster)
- 24 ounce chicken breast halves boneless skinless

2 teaspoons thyme dried fresh chopped

Equipment

frying pan

aluminum foil

Directions

Warm 1/2 tablespoon of oil in a large nonstick skillet over medium-high heat. Season the chicken with salt and pepper; cook about 6 minutes per side until cooked through.

Remove to platter; cover with foil.

Warm remaining oil in same skillet over medium-high heat.

Add mushrooms, leek, and thyme; cook, stirring often, until mushroom liquid evaporates and leek softens, about 6 minutes. Stir in butter, broth, wine (if using), and any juices from the chicken platter; cook 3 minutes or until most of the liquid evaporates.

Divide the sauce among 4 plates; top with chicken.

Nutrition Facts


■ PROTEIN 49.38% ■ FAT 32.2% ■ CARBS 18.42%

Properties

Glycemic Index:36.5, Glycemic Load:3.23, Inflammation Score:-8, Nutrition Score:28.741304356119%

Flavonoids

Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 324.54kcal (16.23%), Fat: 11.75g (18.08%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 10.28g (3.74%), Sugar: 4.98g (5.53%), Cholesterol: 116.39mg (38.8%), Sodium: 559.32mg (24.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.12%), Vitamin B3: 24.67mg (123.33%), Selenium: 65.32µg (93.31%), Vitamin B6: 1.83mg (91.58%), Phosphorus: 561.56mg (56.16%), Vitamin B5: 5.05mg (50.54%), Potassium: 1204.09mg (34.4%), Vitamin B2: 0.56mg (32.76%), Manganese: 0.58mg (29.14%), Magnesium: 86.17mg (21.54%), Vitamin K: 21.93µg (20.88%), Fiber: 4.85g (19.42%), Zinc: 2.8mg (18.69%), Copper:

0.33mg (16.37%), Iron: 2.5mg (13.9%), Folate: 45µg (11.25%), Vitamin A: 529.09IU (10.58%), Vitamin B1: 0.15mg (10.23%), Vitamin E: 1.15mg (7.68%), Vitamin B12: 0.43µg (7.19%), Vitamin C: 4.96mg (6.01%), Vitamin D: 0.85µg (5.65%), Calcium: 37.69mg (3.77%)