



Chicken Chasseur

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup tomatoes canned crushed drained
- ☐ 4 chicken breasts bone-in
- ☐ 0.7 cup chicken broth low-sodium homemade canned
- ☐ 1 tablespoon cooking oil
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1.5 teaspoons flour
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced

- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.8 pound mushrooms sliced
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons vermouth dry white dry

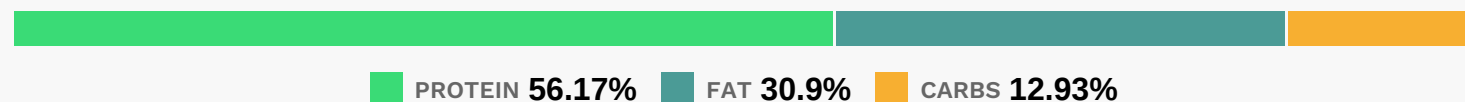
Equipment

- ☐ frying pan

Directions

- ☐ In a large, deep frying pan, heat the oil over moderately high heat. Season the chicken with 1/4 teaspoon each of the salt and pepper and add to the pan. Cook until browned, turning, about 8 minutes in all.
- ☐ Remove.
- ☐ Pour off all but 1 tablespoon fat from the pan.
- ☐ Add the butter to the pan and reduce the heat to moderately low.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Raise the heat to moderately high.
- ☐ Add the mushrooms, garlic, and 1/4 teaspoon of the salt. Cook, stirring frequently, until the vegetables are browned, about 5 minutes.
- ☐ Add the flour and cook, stirring, for 30 seconds. Stir in the vermouth and bring back to a simmer. Stir in the broth, tomatoes, thyme, and the remaining 1/2 teaspoon salt.
- ☐ Add the chicken and any accumulated juices. Reduce the heat; simmer, covered, until the chicken is done, about 10 minutes. Stir in the parsley and the remaining 1/4 teaspoon pepper.
- ☐ Wine Recommendation: This earthy dish is perfectly suited to the rustic charms of a country red wine from southwestern France. Look for a bottle from one of the various appellations in that region, such as Cahors, Madiran, or Bergerac.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:3.11, Inflammation Score:-7, Nutrition Score:30.745652188425%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 393.97kcal (19.7%), Fat: 12.96g (19.93%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 9.53g (3.47%), Sugar: 5.82g (6.46%), Cholesterol: 152.16mg (50.72%), Sodium: 965.65mg (41.98%), Alcohol: 2.32g (100%), Alcohol %: 0.62% (100%), Protein: 53g (106%), Vitamin B3: 28.06mg (140.32%), Selenium: 81.27µg (116.1%), Vitamin B6: 1.94mg (97.1%), Phosphorus: 596.55mg (59.66%), Vitamin B5: 4.73mg (47.33%), Potassium: 1396.56mg (39.9%), Vitamin K: 40.91µg (38.96%), Vitamin B2: 0.63mg (37.13%), Copper: 0.49mg (24.34%), Magnesium: 86.1mg (21.52%), Vitamin B1: 0.28mg (18.94%), Vitamin C: 15.26mg (18.49%), Manganese: 0.32mg (15.9%), Iron: 2.54mg (14.11%), Zinc: 2.09mg (13.9%), Vitamin E: 1.92mg (12.78%), Fiber: 2.67g (10.69%), Folate: 41.59µg (10.4%), Vitamin A: 458.25IU (9.16%), Vitamin B12: 0.53µg (8.86%), Calcium: 53.42mg (5.34%), Vitamin D: 0.4µg (2.64%)