



Chicken Fricassee with Cream and Morel Mushrooms

 Gluten Free

READY IN



235 min.

SERVINGS



6

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon smoked diced
- ☐ 1.5 cups chicken broth
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 4 garlic cloves

- ☐ 3 green onions
- ☐ 1 cup morel mushrooms dried (or other mushrooms)
- ☐ 1 pound new potatoes peeled cut into 1/2-inch slices
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt divided
- ☐ 4 shallots chopped
- ☐ 8 chicken thighs skinless (or a combination of legs and thighs)
- ☐ 1.5 cups whipping cream
- ☐ 0.5 cup white wine

Equipment

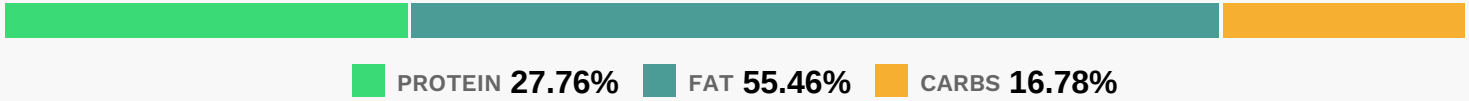
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ slow cooker

Directions

- ☐ Heat chicken broth in a medium saucepan over medium-high heat. Clean morels by rinsing thoroughly with hot water; add to broth. Turn off heat, and let morels soften.
- ☐ Drain mushrooms through a fine sieve, reserving stock, and set stock and mushrooms aside.
- ☐ Season chicken with 1/2 teaspoon salt. Cook bacon in a large nonstick skillet over medium heat until crispy and fat is rendered.
- ☐ Add chicken, and cook 15 minutes, turning once, until browned.
- ☐ Add wine, reduce heat to low, and cook 10 minutes.
- ☐ Remove chicken, and place in a slow cooker.
- ☐ Add reserved stock to skillet, and deglaze by stirring to loosen particles from pan.
- ☐ Add cream, and bring to a boil.
- ☐ Add mustard, and whisk to blend.

- ☐
- Scatter shallot, baby leeks, potato, garlic, and reserved morels around chicken, and pour cream mixture over chicken and vegetables.
- ☐
- Add pepper and remaining 1/4 teaspoon salt. Cook on HIGH for 3 to 4 hours or on LOW about 5 hours or until tender. Stir in fresh herbs, and serve.

Nutrition Facts



Properties

Glycemic Index:72.29, Glycemic Load:11.17, Inflammation Score:-8, Nutrition Score:23.898260842199%

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 Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 517.71kcal (25.89%), Fat: 31.14g (47.91%), Saturated Fat: 16.29g (101.81%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 18.14g (6.6%), Sugar: 4.4g (4.88%), Cholesterol: 216.38mg (72.13%), Sodium: 774.63mg (33.68%), Alcohol: 2.06g (100%), Alcohol %: 0.63% (100%), Protein: 35.07g (70.14%), Selenium: 40.31µg (57.59%), Vitamin B6: 1.08mg (53.89%), Vitamin B3: 10.17mg (50.83%), Phosphorus: 422.34mg (42.23%), Vitamin K: 32.59µg (31.04%), Vitamin B2: 0.5mg (29.38%), Potassium: 957.75mg (27.36%), Vitamin C: 20.12mg (24.38%), Manganese: 0.48mg (23.8%), Vitamin B5: 2.37mg (23.72%), Iron: 4.16mg (23.1%), Vitamin A: 1107.81IU (22.16%), Zinc: 3.23mg (21.53%), Vitamin B1: 0.28mg (18.66%), Magnesium: 74.11mg (18.53%), Vitamin B12: 1.11µg (18.46%), Copper: 0.29mg (14.72%), Fiber: 3.06g (12.24%), Calcium: 103.62mg (10.36%), Vitamin D: 1.54µg (10.28%), Folate: 36.36µg (9.09%), Vitamin E: 0.95mg (6.31%)