



Chicken in Horseradish and Chervil Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 4 teaspoons butter
- ☐ 1 carrots
- ☐ 0.3 cup chervil chopped
- ☐ 1 tablespoon coarse salt
- ☐ 1 fennel bulb sliced
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 6 tablespoons horseradish freshly grated

- ☐ 1 pound sunchokes peeled sliced
- ☐ 1 small onion whole
- ☐ 1 tablespoon peppercorns
- ☐ 2 pounds potatoes boiled
- ☐ 4 servings salt and pepper
- ☐ 1 chicken whole

Equipment

- ☐ frying pan

Directions

- ☐ Put the chicken in a large casserole with the onion, carrot, bay leaves, peppercorns, and salt.
- ☐ Add enough water to cover the chicken, then bring to a boil and simmer for 1 hour, or until the meat is white. Carefully lift the chicken from the broth and let cool. Strain the broth and save 2 1/2 cups for the sauce.
- ☐ Make the sauce. Melt the butter in a large pan.
- ☐ Add the sliced artichokes and fennel and cook for 2 minutes.
- ☐ Sprinkle the flour over the vegetables and stir until the flour and butter have combined.
- ☐ Pour in half the reserved chicken broth and stir until smooth.
- ☐ Add the remaining chicken broth and the horseradish and bring to a boil.
- ☐ Add the cream and salt and pepper and return the sauce to a boil, then decrease the heat to a simmer.
- ☐ Remove the skin and bones from the chicken. Break the meat into medium-size pieces. Stir the chicken and chervil into the sauce and let it simmer for a couple of minutes, or until the chicken is heated through. Season with salt and pepper and serve with boiled potatoes.
- ☐ From The Scandinavian Cookbook by Trina Hahnemann. Text copyright © 2008 by Trina Hahnemann; photography © 2008 by Lars Ranek. This edition published in 2009 by Andrews McMeel Publishing, LLC.

Nutrition Facts



 PROTEIN **19.74%**  FAT **48.13%**  CARBS **32.13%**

Properties

Glycemic Index:106.65, Glycemic Load:38.68, Inflammation Score:-10, Nutrition Score:41.668696030327%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 913.66kcal (45.68%), Fat: 49.55g (76.24%), Saturated Fat: 21.23g (132.67%), Carbohydrates: 74.43g (24.81%), Net Carbohydrates: 63.47g (23.08%), Sugar: 19.54g (21.72%), Cholesterol: 204.01mg (68%), Sodium: 2271.54mg (98.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.73g (91.46%), Vitamin B3: 17.7mg (88.52%), Vitamin C: 68.16mg (82.62%), Vitamin B6: 1.55mg (77.43%), Vitamin A: 3811.34IU (76.23%), Potassium: 2326.8mg (66.48%), Phosphorus: 584.48mg (58.45%), Manganese: 1.01mg (50.58%), Vitamin K: 52.27µg (49.78%), Iron: 8.87mg (49.25%), Selenium: 32.65µg (46.65%), Fiber: 10.96g (43.86%), Vitamin B1: 0.58mg (38.72%), Magnesium: 139.21mg (34.8%), Vitamin B5: 3.24mg (32.37%), Copper: 0.61mg (30.5%), Vitamin B2: 0.52mg (30.42%), Folate: 107.51µg (26.88%), Zinc: 3.96mg (26.39%), Calcium: 179.23mg (17.92%), Vitamin E: 1.81mg (12.06%), Vitamin B12: 0.67µg (11.17%), Vitamin D: 1.09µg (7.3%)