



Chicken in Mustard

READY IN

ready

110 min.

SERVINGS

servings

4

CALORIES

calories

890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 2 chicken bouillon cubes
- ☐ 1 cup chicken stock see plus more if needed
- ☐ 0.3 cup dijon mustard
- ☐ 1 teaspoon tarragon dried
- ☐ 1 pound extra wide egg noodles
- ☐ 1 tablespoon flour
- ☐ 4 servings parsley fresh chopped for garnish
- ☐ 3 cloves garlic minced

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 1 onion chopped
- ☐ 1.5 pounds chicken thighs skinless
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 tomatoes chopped
- ☐ 0.3 pound button mushrooms white quartered
- ☐ 0.5 cup white wine

Equipment

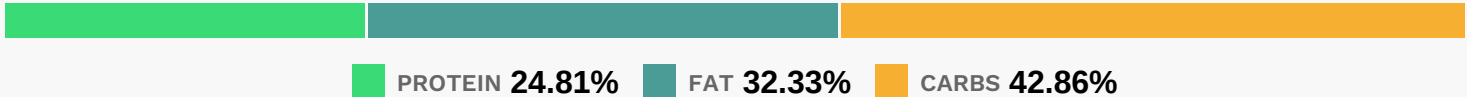
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Rinse and dry the chicken thighs and season with salt and pepper.
- ☐ Heat 1 tablespoon olive oil in a Dutch oven over medium-high heat. Brown the thighs on both sides, working in batches if needed.
- ☐ Remove the chicken and set aside.
- ☐ Add the remaining 1 tablespoon olive oil to the Dutch oven and cook the onions until soft, about 5 minutes.
- ☐ Add the mushrooms and continue to cook until the mushrooms have softened, 3 to 5 minutes. Stir in the garlic and cook until fragrant, about 2 minutes.

- ☐ Add the tomatoes and flour and cook, stirring, to remove the raw flour flavor, about 3 minutes. Stir in the tarragon. Turn up the heat and deglaze the pan with the white wine, allowing to bubble for a minute or two. Return the chicken to the Dutch oven.
- ☐ Add enough chicken stock to reach halfway up the sides of the chicken. Cover, place in the oven, and braise for 45 minutes, removing the lid halfway through.
- ☐ When finished, remove the chicken from the Dutch oven and set aside.
- ☐ Add the mustard and sour cream and whisk to blend well. Return the chicken to the pan and allow the flavors to meld before serving, about 5 minutes.
- ☐ Serve over Super Buttered Noodles.
- ☐ In a large pot filled with boiling water, dissolve the bouillon cubes and cook the noodles according to package directions.
- ☐ Drain the noodles in a colander and then nestle the colander into the pot so some of the pasta water goes into the pot as the pasta continues to drain.
- ☐ Remove the colander and stir the butter and sour cream into the pot until the butter melts.
- ☐ Add the parsley and the noodles. Season with salt and pepper. Toss to combine well.
- ☐ Pour into a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:119.25, Glycemic Load:36.62, Inflammation Score:-8, Nutrition Score:36.459565224855%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 890kcal (44.5%), Fat: 31.1g (47.84%), Saturated Fat: 10.72g (66.99%), Carbohydrates: 92.76g (30.92%), Net Carbohydrates: 86.93g (31.61%), Sugar: 6.85g (7.61%), Cholesterol: 286.79mg (95.6%), Sodium: 988.68mg (42.99%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 53.68g (107.37%), Selenium: 139.2µg (198.86%), Vitamin K: 79.4µg (75.62%), Vitamin B3: 14.47mg (72.37%), Phosphorus: 691.7mg (69.17%), Manganese: 1.29mg (64.7%), Vitamin B6: 1.2mg (60.1%), Vitamin B2: 0.65mg (38%), Vitamin B5: 3.71mg (37.14%), Zinc: 5.37mg (35.82%), Magnesium: 133.56mg (33.39%), Vitamin B1: 0.47mg (31.54%), Copper: 0.62mg (30.9%), Potassium: 1073.89mg (30.68%), Iron: 4.86mg (27.03%), Vitamin B12: 1.47µg (24.53%), Fiber: 5.82g (23.29%), Vitamin A: 1057.89IU (21.16%), Folate: 71.2µg (17.8%), Vitamin C: 13.4mg (16.24%), Vitamin E: 2.3mg (15.34%), Calcium: 110.98mg (11.1%), Vitamin D: 0.4µg (2.65%)