



Chicken in Mustard with Beans, Garlic, And Mascarpone Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces asiago cheese grated
- ☐ 2 bay leaves
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 pound chicken breast halves
- ☐ 0.5 pound skin-on chicken drumsticks
- ☐ 0.5 pound chicken thighs
- ☐ 3 cups pappardelle hot cooked uncooked (6 ounces pasta)
- ☐ 0.5 teaspoon pepper red crushed

- ☐ 0.5 cup dijon mustard
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 12 garlic cloves peeled
- ☐ 1 pound tiny green beans trimmed
- ☐ 2 ounces mascarpone cheese
- ☐ 2 ounces pancetta cut into 1/4-inch pieces
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots sliced
- ☐ 12 shallots peeled
- ☐ 1 teaspoon tomato paste
- ☐ 0.3 cup citrus champagne vinegar

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

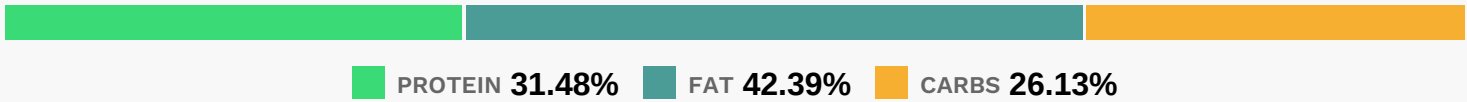
Directions

- ☐ To prepare marinated chicken, combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add chicken; seal and marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ Remove chicken from bag, reserving marinade.
- ☐ Heat a large nonstick skillet over low heat.
- ☐ Add pancetta; cook 5 minutes.
- ☐ Remove from pan; set aside. Increase heat to medium; add 12 peeled garlic cloves and 12 peeled shallots to pan. Saut 15 minutes or until lightly browned, and add to pancetta. Set

aside.

- ☐ Add vinegar to pan; cook 5 minutes, stirring frequently to deglaze pan.
- ☐ Add reserved marinade, and bring to a boil.
- ☐ Add chicken pieces, breast sides down. Stir in pancetta mixture, broth, 1 tablespoon thyme, tomato paste, and red pepper. Cover, reduce heat, and simmer 20 minutes or until the chicken breast is tender.
- ☐ Remove chicken breast from pan. Cook drumsticks and thighs an additional 10 minutes.
- ☐ Remove the chicken from pan. Cook sauce, uncovered, until slightly thick, about 10 minutes.
- ☐ Add mascarpone, stirring with a whisk until smooth.
- ☐ Remove from heat.
- ☐ Steam haricots verts, covered, 3 minutes or until tender. Toss with parsley, salt, and 1/8 teaspoon black pepper.
- ☐ Combine pasta and Asiago, and toss gently.
- ☐ Serve chicken over pasta mixture, and top with mascarpone sauce.
- ☐ Serve with haricots verts.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:115.25, Glycemic Load:16.18, Inflammation Score:-10, Nutrition Score:40.344782290251%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 738.67kcal (36.93%), Fat: 34.87g (53.65%), Saturated Fat: 12.8g (79.98%), Carbohydrates: 48.35g (16.12%), Net Carbohydrates: 39.72g (14.44%), Sugar: 11.34g (12.6%), Cholesterol: 218.66mg (72.89%), Sodium: 1534.92mg (66.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.27g (116.53%), Selenium: 95.12µg

(135.88%), Vitamin B3: 19.21mg (96.07%), Vitamin B6: 1.88mg (93.84%), Phosphorus: 727.7mg (72.77%), Vitamin K: 70µg (66.67%), Manganese: 1.17mg (58.41%), Potassium: 1366.82mg (39.05%), Vitamin B5: 3.73mg (37.3%), Vitamin C: 29.56mg (35.83%), Magnesium: 141.36mg (35.34%), Fiber: 8.63g (34.51%), Calcium: 338.98mg (33.9%), Vitamin B2: 0.53mg (31.19%), Vitamin A: 1504.21IU (30.08%), Vitamin B1: 0.45mg (29.7%), Iron: 5.21mg (28.96%), Zinc: 4.16mg (27.76%), Vitamin B12: 1.34µg (22.26%), Folate: 84.73µg (21.18%), Copper: 0.42mg (20.93%), Vitamin E: 1.41mg (9.43%), Vitamin D: 0.41µg (2.75%)