



Chicken-Mushroom-Sage Casserole

READY IN



100 min.

SERVINGS



6

CALORIES



895 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 0.5 cup butter divided
- ☐ 6 chicken breast
- ☐ 28 oz chicken broth canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 pound mushrooms fresh assorted coarsely chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 garlic clove minced

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 6 oz rice long-grain wild
- ☐ 6 servings sage fresh
- ☐ 0.5 teaspoon salt
- ☐ 3 shallots chopped
- ☐ 0.3 cup cooking sherry

Equipment

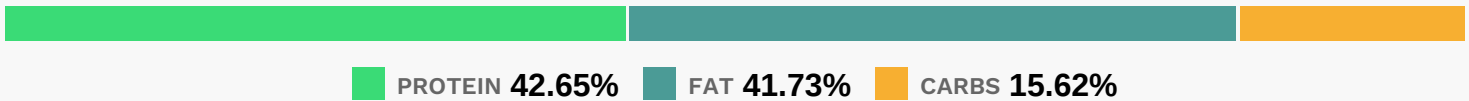
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Melt 1 Tbsp. butter in a large skillet over medium-high heat; add half of chicken, and cook 3 minutes or until browned; turn and cook 1 minute.
- ☐ Transfer to a plate. (Chicken will not be cooked completely.) Repeat procedure with 1 Tbsp. butter and remaining chicken. Wipe skillet clean.
- ☐ Melt 2 Tbsp. butter in skillet over medium-high heat.
- ☐ Add shallots, and saut 3 minutes or until translucent.
- ☐ Add garlic, and saut 30 seconds.
- ☐ Add mushrooms; cook, stirring often, 4 to 5 minutes or until tender. Stir in sherry, and cook, stirring often, 1 minute.
- ☐ Melt remaining 1/4 cup butter in a 3-qt. saucepan over medium-high heat.

- ☐ Whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in broth. Bring to a boil, whisking constantly, and cook, whisking constantly, 1 to 2 minutes or until slightly thickened.
- ☐ Remove from heat, and add rice (reserve flavor packet for another use), next 5 ingredients, and shallot mixture. Spoon into a lightly greased 13- x 9-inch baking dish or disposable foil pan. Top with chicken.
- ☐ Bake at 375 for 30 to 35 minutes or until a meat thermometer inserted in thickest portion of chicken registers 16
- ☐ Remove from oven, and let stand 10 minutes.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:14.31, Inflammation Score:-8, Nutrition Score:44.024782636891%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 894.7kcal (44.73%), Fat: 40.88g (62.89%), Saturated Fat: 15.85g (99.06%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 29.74g (10.82%), Sugar: 3.85g (4.28%), Cholesterol: 258.71mg (86.24%), Sodium: 1370.05mg (59.57%), Alcohol: 1.03g (100%), Alcohol %: 0.24% (100%), Protein: 93.99g (187.98%), Copper: 3.82mg (191.03%), Vitamin B3: 32.11mg (160.57%), Selenium: 109.66µg (156.66%), Vitamin B6: 2.22mg (111.05%), Phosphorus: 995.78mg (99.58%), Vitamin B2: 0.93mg (54.94%), Zinc: 7.59mg (50.58%), Vitamin B5: 4.83mg (48.31%), Manganese: 0.94mg (47.18%), Magnesium: 183.78mg (45.94%), Potassium: 1578.25mg (45.09%), Vitamin B12: 1.95µg (32.5%), Vitamin E: 4.64mg (30.96%), Vitamin K: 27.81µg (26.48%), Iron: 4.56mg (25.32%), Vitamin B1:

0.31mg (20.66%), Vitamin A: 966.11IU (19.32%), Fiber: 4.69g (18.75%), Folate: 71.08µg (17.77%), Calcium: 165.72mg (16.57%), Vitamin C: 7.38mg (8.95%), Vitamin D: 0.55µg (3.67%)