



Chicken Normande with Mashed Apples and Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour
- ☐ 1 cup apple cider
- ☐ 0.3 cup brandy
- ☐ 5 tablespoons butter
- ☐ 6 teaspoons thyme sprigs fresh minced
- ☐ 3 cups chicken broth canned
- ☐ 8 ounces parsnips peeled cut into 1/2-inch cubes
- ☐ 1 cup peas frozen thawed

- ☐ 0.8 pound delicious apples cored peeled cut into 1/2-inch cubes (2 large)
- ☐ 8 chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 0.3 cup whipping cream
- ☐ 1.8 pounds yukon gold potatoes peeled cut into 1/2-inch cubes

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ glass baking pan

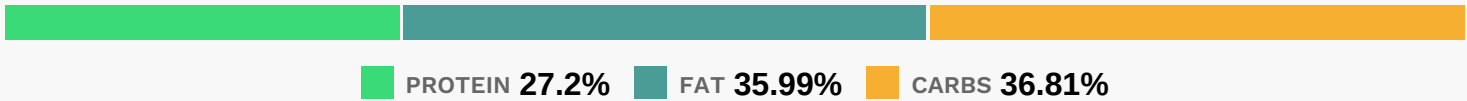
Directions

- ☐ Combine first 3 ingredients in heavy large pot and bring to boil. Reduce heat to medium, cover and simmer until parsnips are tender, about 5 minutes. Using slotted spoon, transfer parsnips to small bowl.
- ☐ Add potatoes and apples to same pot. Cover; simmer until very tender, about 20 minutes.
- ☐ Remove from heat. Using slotted spoon, transfer potatoes and apples to large bowl; add 3 tablespoons butter. Mash until almost smooth. Season with salt and pepper.
- ☐ Pour broth mixture from pot into medium bowl; reserve pot.
- ☐ Sprinkle chicken with salt, pepper and 4 teaspoons thyme; dust with flour. Melt remaining 2 tablespoons butter in reserved pot over medium-high heat.
- ☐ Add half of chicken. Sauté until brown and cooked through, turning with tongs, about 5 minutes. Using slotted spoon, transfer sautéed chicken to 11x7x2-inch glass baking dish. Repeat with remaining chicken. Top with parsnips, remaining 2 teaspoons thyme and peas. Return broth mixture to same pot; add brandy and whipping cream. Boil over medium-high heat until sauce is reduced to 1 1/4 cups, scraping up browned bits, about 3 minutes. Season with salt and pepper. Spoon over chicken. Cover with potato-apple mixture. (Can be prepared 1 day ahead. Refrigerate until cold, then cover and keep refrigerated.)
- ☐ Preheat oven to 350°F.

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Bake casserole uncovered until potato topping is crusty and chicken filling is heated through, about 35 minutes (about 45 minutes if refrigerated).

Nutrition Facts



Properties

Glycemic Index:72.97, Glycemic Load:25.75, Inflammation Score:-10, Nutrition Score:28.058695176373%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 6.12mg, Epicatechin: 6.12mg, Epicatechin: 6.12mg, Epicatechin: 6.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 566.07kcal (28.3%), Fat: 21.67g (33.34%), Saturated Fat: 10.91g (68.18%), Carbohydrates: 49.86g (16.62%), Net Carbohydrates: 41.93g (15.25%), Sugar: 14.45g (16.06%), Cholesterol: 183.16mg (61.05%), Sodium: 263.51mg (11.46%), Alcohol: 4.45g (100%), Alcohol %: 0.94% (100%), Protein: 36.85g (73.69%), Vitamin B3: 12.47mg (62.37%), Vitamin B6: 1.19mg (59.55%), Vitamin C: 48.4mg (58.67%), Selenium: 36.96µg (52.8%), Phosphorus: 470.31mg (47.03%), Potassium: 1359.18mg (38.83%), Manganese: 0.64mg (32.01%), Fiber: 7.93g (31.71%), Vitamin B2: 0.47mg (27.52%), Vitamin B5: 2.57mg (25.71%), Vitamin B1: 0.38mg (25.48%), Magnesium: 94.91mg (23.73%), Zinc: 3.45mg (22.98%), Vitamin K: 23.88µg (22.74%), Copper: 0.41mg (20.72%), Iron: 3.66mg (20.36%), Folate: 76.28µg (19.07%), Vitamin B12: 1.12µg (18.72%), Vitamin A: 835.63IU (16.71%), Vitamin E: 1.38mg (9.19%), Calcium: 80.36mg (8.04%), Vitamin D: 0.21µg (1.41%)