



Chicken Sauteed in the Treviso Style: Polastro in

 Gluten Free

READY IN



110 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tomatoes canned crushed
- ☐ 1 carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 0.5 pound chanterelles
- ☐ 3 pound meat from a rotisserie chicken quartered
- ☐ 1 pinch cinnamon
- ☐ 0.5 cup cooking wine dry white

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion finely chopped
- ☐ 6 servings salt and pepper
- ☐ 3 tablespoons butter unsalted

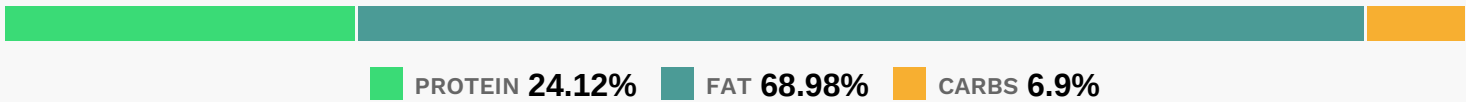
Equipment

- ☐ frying pan

Directions

- ☐ In an ovenproof skillet, heat the butter and olive oil over high heat and add the chicken pieces. Cook until light golden brown, remove, and set aside.
- ☐ Add the onion, carrot, and celery and cook over high heat until softened and browned, about 7 to 10 minutes.
- ☐ Add the chicken parts, drizzle the wine over, and add the cloves and cinnamon. Stir in the tomatoes and cook over medium heat for 15 minutes. Stir in the mushrooms and cook for another 30 to 40 minutes, then adjust the seasoning and serve.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:13.653043477432%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 368.99kcal (18.45%), Fat: 27g (41.53%), Saturated Fat: 8.95g (55.91%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 3.91g (1.42%), Sugar: 2.01g (2.24%), Cholesterol: 96.7mg (32.23%), Sodium: 289.22mg (12.57%), Alcohol: 2.06g (100%), Alcohol %: 1.22% (100%), Protein: 21.24g (42.48%), Vitamin B3: 9.12mg (45.62%), Vitamin A: 2057.61IU (41.15%), Selenium: 16.73µg (23.9%), Vitamin B6: 0.45mg (22.49%), Phosphorus: 197.56mg (19.76%), Vitamin D: 2.33µg (15.51%), Vitamin B5: 1.48mg (14.82%), Potassium: 491.71mg (14.05%), Iron: 2.47mg (13.71%), Vitamin B2: 0.23mg (13.66%), Zinc: 1.79mg (11.95%), Manganese: 0.21mg (10.25%), Copper: 0.2mg (10.16%), Fiber: 2.17g (8.68%), Vitamin E: 1.26mg (8.39%), Magnesium: 32.77mg (8.19%), Vitamin K: 8.43µg (8.03%), Vitamin B1: 0.09mg (5.96%), Vitamin B12: 0.35µg (5.82%), Vitamin C: 3.97mg (4.81%), Folate: 15.6µg (3.9%), Calcium: 32.09mg (3.21%)