



Chicken Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



1011 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black divided freshly ground
- 1 pound chicken breast cut into 1-inch cubes
- 1.5 cups chicken broth
- 0.5 cup cognac
- 1 tablespoon dijon mustard
- 1 teaspoon ground mustard dry
- 2 tablespoons thyme sprigs fresh
- 1 cup heavy whipping cream
- 1.5 teaspoons kosher salt divided

- 2 tablespoons olive oil
- 2 shallots minced
- 1 pound mushroom caps stemmed sliced
- 2 tablespoons butter unsalted
- 16 oz extra wide egg noodles

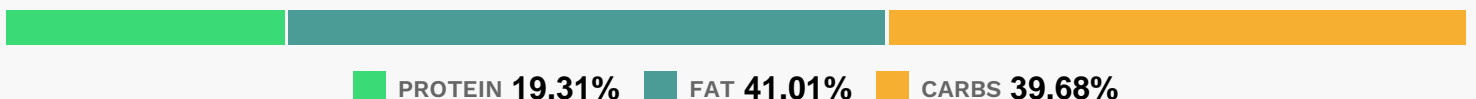
Equipment

- frying pan

Directions

- Sprinkle chicken with 1 tsp. salt and 12 tsp. pepper. Cook in hot oil in a large saut pan over medium-high heat, stirring often, 7 minutes or until done.
- Remove from pan.
- Melt butter in pan.
- Add mushrooms and shallots, and saut 5 minutes or until mushrooms release their liquid and begin to soften. Stir in thyme and dry mustard. Cook 1 minute.
- Remove pan from heat; stir in cognac, and carefully ignite the fumes just above mixture with a long match or long multipurpose lighter.
- Let flames die down.
- Prepare pasta according to package directions.
- Meanwhile, return pan to heat; cook over medium heat, stirring often, until liquid is reduced to about 1 Tbsp. Stir in broth, and cook 5 to 7 minutes or until reduced by half. Reduce heat to low, and stir in cream and Dijon mustard. Cook, stirring often, 10 minutes or until reduced by half. Return chicken to pan. Cook 1 to 2 minutes or until thoroughly heated.
- Sprinkle with remaining 12 tsp. salt and 12 tsp. pepper.
- Pour chicken-and-sauce mixture over hot cooked pasta, and toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:36.22, Inflammation Score:-10, Nutrition Score:35.454347610474%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg

Nutrients (% of daily need)

Calories: 1010.85kcal (50.54%), Fat: 43.27g (66.56%), Saturated Fat: 20.28g (126.78%), Carbohydrates: 94.21g (31.41%), Net Carbohydrates: 86.4g (31.42%), Sugar: 8.03g (8.92%), Cholesterol: 251.88mg (83.96%), Sodium: 1425.06mg (61.96%), Alcohol: 10.02g (100%), Alcohol %: 2.29% (100%), Protein: 45.83g (91.67%), Selenium: 136.81µg (195.44%), Vitamin B3: 18.98mg (94.91%), Vitamin B6: 1.51mg (75.46%), Manganese: 1.48mg (74.24%), Phosphorus: 699.54mg (69.95%), Vitamin B5: 4.59mg (45.91%), Vitamin B2: 0.65mg (38.39%), Potassium: 1194.94mg (34.14%), Magnesium: 135.87mg (33.97%), Fiber: 7.82g (31.26%), Copper: 0.6mg (29.97%), Zinc: 4.4mg (29.34%), Vitamin A: 1328.01IU (26.56%), Iron: 4.14mg (22.97%), Vitamin B1: 0.34mg (22.38%), Vitamin E: 2.44mg (16.25%), Folate: 61.74µg (15.43%), Vitamin D: 1.96µg (13.09%), Calcium: 117.42mg (11.74%), Vitamin B12: 0.68µg (11.34%), Vitamin C: 8.37mg (10.15%), Vitamin K: 8.4µg (8%)