



Chicken Thigh Fricassee with Mushrooms and Rosemary

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 cherry tomatoes
- 1 pound chicken thighs
- 0.8 cup cooking wine dry white
- 5 ounces mushrooms fresh sliced
- 2 tablespoons rosemary fresh chopped
- 4 cloves garlic peeled halved
- 4 tablespoons olive oil divided

- 12 niçoise olives
- 0.3 teaspoon pepper flakes red crushed
- 4 servings salt and pepper black freshly ground to taste

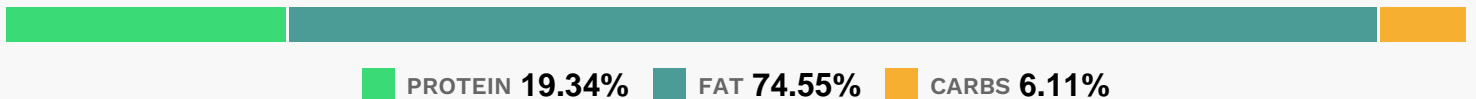
Equipment

- frying pan
- wooden spoon

Directions

- Heat 2 tablespoons olive oil in a large skillet over medium heat. Stir in mushrooms, and cook until soft.
- Remove to a plate.
- Wipe out skillet, and heat 2 tablespoons olive oil over medium-high heat.
- Place garlic, rosemary, and chicken thighs in hot oil. Season with salt and pepper. Cook, turning chicken, until chicken and garlic are well browned.
- Return mushrooms to skillet, and sprinkle red pepper flakes over chicken.
- Pour in white wine, scraping the bottom of the skillet with a wooden spoon. Cook about 3 minutes.
- Reduce heat to low; cover, and simmer gently for 1 hour.
- Sprinkle tomatoes and olives over chicken, return cover, and cook about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:13.958260909371%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg,

Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg
Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin:
0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 449.76kcal (22.49%), Fat: 34.94g (53.76%), Saturated Fat: 7.31g (45.72%), Carbohydrates: 6.44g (2.15%),
Net Carbohydrates: 5.06g (1.84%), Sugar: 2.51g (2.79%), Cholesterol: 111.13mg (37.04%), Sodium: 287.27mg
(12.49%), Alcohol: 4.64g (100%), Alcohol %: 2.14% (100%), Protein: 20.4g (40.8%), Selenium: 25.37µg (36.24%),
Vitamin B3: 6.94mg (34.7%), Vitamin B6: 0.54mg (26.79%), Phosphorus: 238.29mg (23.83%), Vitamin E: 3.05mg
(20.34%), Vitamin B2: 0.32mg (18.65%), Vitamin B5: 1.8mg (18%), Vitamin C: 13.53mg (16.4%), Potassium: 515.94mg
(14.74%), Vitamin B12: 0.74µg (12.33%), Vitamin K: 12.93µg (12.32%), Copper: 0.24mg (11.98%), Zinc: 1.78mg (11.88%),
Manganese: 0.22mg (10.78%), Vitamin B1: 0.14mg (9.5%), Iron: 1.69mg (9.4%), Magnesium: 37.16mg (9.29%), Vitamin
A: 452.12IU (9.04%), Fiber: 1.38g (5.52%), Folate: 18.1µg (4.52%), Calcium: 35.63mg (3.56%), Vitamin D: 0.18µg
(1.23%)