



Chicken Trifolata

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small meat from a rotisserie chicken
- ☐ 1 cup chicken stock see
- ☐ 1 cup cooking wine dry white
- ☐ 4 servings flour
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 bunch parsley italian finely chopped
- ☐ 1 pound portabello mushrooms cut into 1/4inch strips
- ☐ 2 tablespoons tomato conserva

- ☐ 6 tablespoons virgin olive oil
- ☐ 4 ounces truffles black thinly sliced
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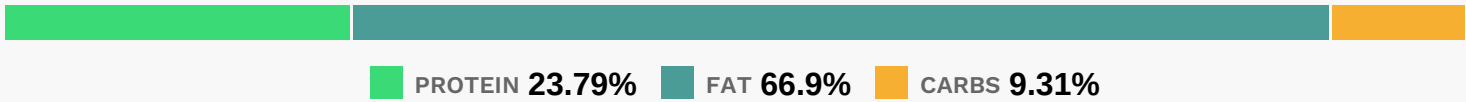
Equipment

- ☐ frying pan

Directions

- ☐ Wash and pat chicken dry and dredge in flour.
- ☐ In a 14 inch frying pan, heat olive oil until just smoking. Brown pieces of chicken until golden, 3 or 4 at a time.
- ☐ Remove to a plate. Continue until all the pieces are done.
- ☐ Add garlic and cook until light brown.
- ☐ Add Portables and truffles and saute until soft, about 4 to 5 minutes.
- ☐ Add wine and tomato conserva and stir through.
- ☐ Add broth and chicken pieces and bring to a boil. Lower heat and simmer 20 minutes or until the juices of a thick piece of chicken run clear.
- ☐ Add parsley and serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:4.87, Inflammation Score:-9, Nutrition Score:30.924782524938%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.18mg,

Myricetin: 2.18mg, Myricetin: 2.18mg, Myricetin: 2.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 729.06kcal (36.45%), Fat: 51.01g (78.48%), Saturated Fat: 11.4g (71.26%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 13.67g (4.97%), Sugar: 4.72g (5.25%), Cholesterol: 144.63mg (48.21%), Sodium: 241.74mg (10.51%), Alcohol: 6.18g (100%), Alcohol %: 1.64% (100%), Protein: 40.82g (81.64%), Vitamin K: 250.22µg (238.3%), Vitamin B3: 19.76mg (98.78%), Selenium: 52.88µg (75.54%), Vitamin B6: 0.96mg (48.01%), Phosphorus: 452.15mg (45.21%), Vitamin B5: 3.17mg (31.67%), Vitamin A: 1530.69IU (30.61%), Vitamin C: 24.07mg (29.17%), Vitamin B2: 0.49mg (28.92%), Potassium: 995.03mg (28.43%), Vitamin E: 3.79mg (25.26%), Copper: 0.5mg (24.79%), Zinc: 3.5mg (23.36%), Iron: 3.77mg (20.96%), Folate: 83.36µg (20.84%), Vitamin B1: 0.28mg (19%), Manganese: 0.32mg (15.86%), Magnesium: 56.83mg (14.21%), Vitamin B12: 0.65µg (10.78%), Fiber: 2.3g (9.19%), Calcium: 58.72mg (5.87%), Vitamin D: 0.72µg (4.81%)