



Chicken, Wild Mushroom and Roasted-Garlic Sauté

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken stock see
- 4 servings top for serving
- 0.5 cup porcini mushrooms dried
- 0.3 cup cooking wine dry red
- 1 head garlic
- 0.5 pound mushrooms such as stemmed shiitake cremini and oyster quartered assorted
- 3 tablespoons olive oil extra-virgin plus more for drizzling
- 4 servings salt and pepper freshly ground

- 2 shallots thinly sliced
- 1.5 pounds chicken thighs boneless skinless cut into 2-inch pieces
- 1 tablespoon tarragon chopped
- 2 tomatoes cut into 1-inch dice
- 1 tablespoon butter unsalted chilled
- 0.8 cup water boiling

Equipment

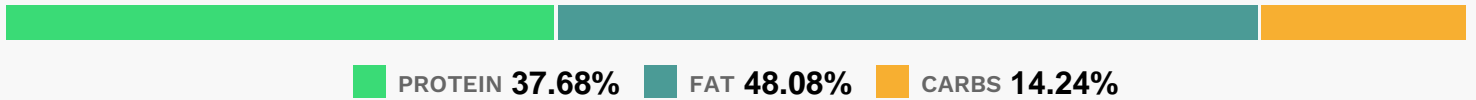
- bowl
- frying pan
- oven
- aluminum foil

Directions

- Preheat the oven to 350.
- Set the head of garlic on a double layer of foil, cut side up.
- Drizzle with olive oil, then wrap in the foil. Roast the garlic until very soft, about 1 hour and 30 minutes.
- Let cool, then peel, keeping the cloves intact.
- Meanwhile, in a heatproof bowl, cover the porcini with the boiling water and let stand until softened, about 15 minutes. Rinse the porcini and coarsely chop them; reserve the soaking liquid.
- In a large skillet, heat 1 tablespoon of the olive oil. Season the chicken with salt and pepper and spread in a single layer in the skillet. Cook over high heat until browned on the bottom, about 4 minutes.
- Transfer to a bowl.
- Add 1 tablespoon of the olive oil to the skillet.
- Add the assorted mushrooms and season with salt and pepper. Cover and cook over moderate heat, stirring a few times, until browned and their liquid has evaporated, about 5 minutes.

- Transfer the mushrooms to a plate.
- In the skillet, melt the 1 tablespoon of butter in the remaining 1 tablespoon of olive oil.
- Add the shallots and cook over moderate heat, stirring, until softened, about 3 minutes.
- Add the red wine and boil over moderately high heat until reduced by half, about 2 minutes.
- Pour in the reserved porcini soaking liquid, stopping before you reach the grit at the bottom.
- Add the chicken stock, tomatoes, mushrooms, porcini, roasted garlic and chicken and bring to a simmer.
- Remove from the heat.
- Add the tarragon and season with salt and pepper. Swirl in the 2 tablespoons of chilled butter, 1 tablespoon at a time.
- Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:70.13, Glycemic Load:3.12, Inflammation Score:-7, Nutrition Score:24.776956869208%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 404.8kcal (20.24%), Fat: 21.24g (32.67%), Saturated Fat: 5.2g (32.47%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 11.74g (4.27%), Sugar: 4.39g (4.88%), Cholesterol: 170.02mg (56.67%), Sodium: 407.05mg (17.7%), Alcohol: 1.58g (100%), Alcohol %: 0.48% (100%), Protein: 37.45g (74.9%), Selenium: 47.53µg (67.9%), Vitamin B3: 13.16mg (65.8%), Vitamin B6: 1.09mg (54.52%), Phosphorus: 425.57mg (42.56%), Vitamin B2: 0.65mg (38.22%), Vitamin B5: 3.8mg (37.96%), Copper: 0.56mg (28.1%), Potassium: 952.81mg (27.22%), Zinc: 3.51mg (23.42%),

Manganese: 0.46mg (23.2%), Vitamin B12: 1.12µg (18.62%), Vitamin B1: 0.28mg (18.4%), Magnesium: 68.1mg (17.02%),
Vitamin C: 13.86mg (16.8%), Iron: 2.87mg (15.93%), Vitamin K: 16.64µg (15.85%), Vitamin E: 2.26mg (15.06%),
Vitamin A: 716.11IU (14.32%), Folate: 43.46µg (10.87%), Fiber: 2.41g (9.62%), Calcium: 64.59mg (6.46%), Vitamin D:
0.3µg (2.02%)