



Chicken with Creamy Mushroom Sauce

 Popular

READY IN



70 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds skin-on chicken pieces bone-in trimmed (we used thighs)
- 1.5 teaspoons kosher salt
- 0.5 cup flour for dredging
- 0.3 teaspoon ground pepper black
- 0.3 cup olive oil extra virgin
- 1 tablespoon butter
- 0.3 cup chicken broth
- 1 cup onions chopped

- 0.8 pound mushrooms (fresh with a handful of shiitakes included for intense mushroomy flavor) sliced
- 1 clove garlic (crushed)
- 0.3 teaspoon thyme leaves (dried fresh)
- 0.5 cup heavy whipping cream (sour)
- 0.5 cup heavy cream

Equipment

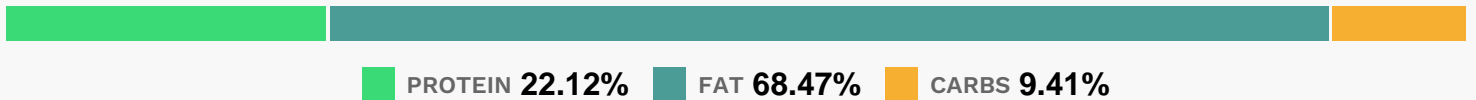
- bowl
- frying pan
- oven
- knife
- roasting pan
- kitchen thermometer

Directions

- Mix 1/2 cup flour, 1/2 teaspoon of salt and a 1/4 teaspoon of pepper in a shallow bowl. Dredge the chicken in the flour mixture.
- Preheat the oven to 350°F.
- Heat oil in a large frying pan on medium high heat. When the oil is hot, working in batches, place the chicken pieces in the pan, skin-side down.
- The oil should be hot enough so that the chicken pieces sizzle when they are in the pan, but not so hot as to burn the chicken. You want the pieces to be lightly browned. Brown on all sides.
- Bake chicken with broth in oven: Butter a roasting pan. Arrange the chicken pieces in the pan in a single layer, skin side up.
- Pour chicken broth over it, and bake at 350°F until the chicken pieces are cooked through (with an internal temperature of 165°F) about 25 to 30 minutes for 3 to 4 pounds of chicken thighs.
- If you don't have a meat thermometer, you can check for doneness by poking the largest chicken piece with a sharp knife. If the juices run clear, not pink, the chicken is done.

- Sauté onions and mushrooms: About 20 minutes before the chicken is expected to be done, start cooking the onions and mushrooms.
- Heat 2 Tbsp of olive oil in a large frying pan on medium heat.
- Add the onions and cook until they are soft and translucent, about 6 to 7 minutes.
- Remove the onions from the pan to a bowl.
- Add the mushrooms to the same pan with the crushed garlic and the thyme. Increase the heat to medium high and cook the mushrooms until they are lightly browned.
- Add the onions back to the pan and if you want, remove the crushed garlic clove (or keep it in, your choice).
- Add sour cream and cream: And add the sour cream and the heavy cream to the onions and mushrooms. Lower the heat. Keep warm, but do not boil.
- Add salt and pepper to taste.
- Serve chicken with mushroom sauce: When the chicken is done, remove from oven.
- Serve on a platter with the mushroom sauce spooned over it, or served on the side.
- Serve with noodles or rice.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:6.77, Inflammation Score:-6, Nutrition Score:18.030869566876%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 595.96kcal (29.8%), Fat: 45.35g (69.76%), Saturated Fat: 15.65g (97.78%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 12.68g (4.61%), Sugar: 3.56g (3.96%), Cholesterol: 154.6mg (51.53%), Sodium: 756.37mg (32.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.96g (65.93%), Vitamin B3: 13.24mg (66.2%), Selenium: 32.59µg (46.56%), Vitamin B6: 0.66mg (32.84%), Vitamin B2: 0.55mg (32.27%), Phosphorus:

322.45mg (32.25%), Vitamin B5: 2.45mg (24.53%), Zinc: 2.56mg (17.09%), Potassium: 570.64mg (16.3%), Vitamin B1: 0.24mg (16.25%), Copper: 0.29mg (14.51%), Vitamin E: 2.09mg (13.96%), Vitamin A: 687.99IU (13.76%), Iron: 2.37mg (13.19%), Folate: 45.18µg (11.29%), Magnesium: 44.73mg (11.18%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.19mg (9.6%), Vitamin K: 9.81µg (9.35%), Vitamin C: 6.1mg (7.39%), Calcium: 62.27mg (6.23%), Fiber: 1.35g (5.39%), Vitamin D: 0.74µg (4.93%)