



HEALTH SCORE

54%

Chicken with Fennel-Cream Sauce and Penne

READY IN



115 min.

SERVINGS



4

CALORIES



1533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons butter
- ☐ 2 carrots quartered
- ☐ 2 ribs celery quartered
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon evoo
- ☐ 4 servings fennel fronds chopped
- ☐ 1 medium bulb fennel thinly sliced
- ☐ 4 servings tarragon fresh chopped

- ☐ 1 head neck garlic hard peeled thinly sliced
- ☐ 4 servings salt and ground pepper white
- ☐ 1 cup heavy cream
- ☐ 1 optional: lemon sliced
- ☐ 1 large onion with root end attached quartered
- ☐ 4 servings parmigiano-reggiano
- ☐ 1 pound penne pasta
- ☐ 9 servings peppercorns black
- ☐ 0.5 cup pinenuts toasted
- ☐ 9 servings stems rosemary fresh
- ☐ 4 servings salt
- ☐ 1 large onion sweet thinly sliced
- ☐ 9 servings stems thyme fresh
- ☐ 4 pound meat from a rotisserie chicken whole

Equipment

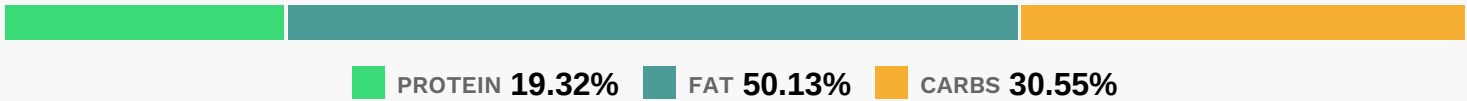
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Place the chicken in a pot and add the bay leaves, carrots, celery, lemons, onions, peppercorns, rosemary, thyme and some salt. Cover with water and bring to a boil. Reduce the heat to a simmer and poach the chicken for 1 hour. When the chicken is cool enough to handle, discard the skin and bones and separate the meat into bite-size pieces. Strain the stock and reserve.

- ☐ For the pasta: Meanwhile, heat the butter and EVOO in a saucepan over medium-low to medium heat.
- ☐ Add the fennel, garlic and onions and cook very slowly until they are very sweet and soft, 20 to 25 minutes (do not let the onions brown). Deglaze the pan with the wine, scraping up any browned bits with a wooden spoon.
- ☐ Transfer the fennel mixture to a blender or food processor and add the heavy cream and 1 cup reserved poaching liquid (or chicken stock). Puree until smooth, then return the mixture to the pot, season with salt and white pepper and simmer over low heat to thicken the sauce a little, 10 to 15 minutes.
- ☐ Add one-third of the chicken to the sauce and reserve the remaining chicken for another use.
- ☐ Bring a large pot of water to a boil for the pasta and season with salt. Cook the pasta until al dente. Scoop out a bit of the cooking liquid and add it to the sauce to thin it slightly.
- ☐ Drain the pasta, then add it to the sauce and toss to combine.
- ☐ Garnish the pasta with the pine nuts, cheese, fennel fronds and tarragon.

Nutrition Facts



Properties

Glycemic Index:133.08, Glycemic Load:39.12, Inflammation Score:-10, Nutrition Score:52.305652037911%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 6.41mg, Eriodictyol: 6.41mg, Eriodictyol: 6.41mg, Eriodictyol: 6.41mg Hesperetin: 7.61mg, Hesperetin: 7.61mg, Hesperetin: 7.61mg, Hesperetin: 7.61mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg

Nutrients (% of daily need)

Calories: 1533.2kcal (76.66%), Fat: 85.26g (131.17%), Saturated Fat: 33.46g (209.1%), Carbohydrates: 116.87g (38.96%), Net Carbohydrates: 105.5g (38.37%), Sugar: 16.36g (18.18%), Cholesterol: 265.98mg (88.66%), Sodium:

975.89mg (42.43%), Alcohol: 2.06g (100%), Alcohol %: 0.35% (100%), Protein: 73.93g (147.87%), Manganese: 3.53mg (176.41%), Selenium: 114.21µg (163.16%), Vitamin A: 7096.68IU (141.93%), Phosphorus: 987mg (98.7%), Vitamin B3: 18.78mg (93.88%), Vitamin B6: 1.39mg (69.6%), Vitamin K: 69.02µg (65.73%), Calcium: 583.97mg (58.4%), Magnesium: 211.42mg (52.85%), Vitamin C: 41.81mg (50.68%), Zinc: 7.18mg (47.85%), Fiber: 11.37g (45.48%), Copper: 0.9mg (44.92%), Potassium: 1570.24mg (44.86%), Vitamin B2: 0.71mg (41.56%), Iron: 7.28mg (40.45%), Vitamin B5: 3.38mg (33.77%), Vitamin E: 4.33mg (28.84%), Vitamin B1: 0.43mg (28.84%), Folate: 109.38µg (27.34%), Vitamin B12: 1.14µg (19.03%), Vitamin D: 1.54µg (10.25%)