



 **69%**  
HEALTH SCORE

## Chicken with Kale and Wild Mushrooms

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 ounces bacon cut into 1-by- 1/4 -inch matchsticks
- 0.7 cup chicken stock see low-sodium canned
- 0.3 cup cooking wine dry white
- 1 tablespoon flour all-purpose
- 1 pound kale cut into 2-inch pieces
- 2 teaspoons juice of lemon fresh
- 0.5 pound mushrooms wild such as oyster or chanterelle, sliced 1/
- 1 tablespoon olive oil extra-virgin

- 4 servings salt and pepper freshly ground
- 3 medium shallots minced
- 24 ounce chicken breast halves boneless skinless
- 2 teaspoons butter unsalted softened

## Equipment

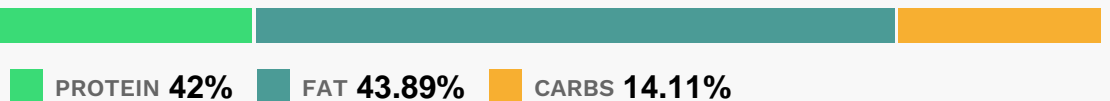
- bowl
- frying pan
- paper towels
- whisk
- pot
- aluminum foil
- slotted spoon

## Directions

- Blanch the kale in a large pot of salted water until limp, about 2 minutes.
- Drain well, pressing to extract excess water. In a small bowl, blend the flour and butter until smooth.
- Heat 1 teaspoon of the oil in a large nonreactive skillet.
- Add the bacon and saut over high heat until browned and crisp, about 4 minutes. Using a slotted spoon, transfer the bacon to paper towels to drain.
- Pour the rendered fat into a small bowl.
- Heat 1 teaspoon of the oil and 1 teaspoon of the reserved bacon fat in the skillet. Separate the tenders from the chicken breasts. Season the chicken with salt and pepper.
- Add the breasts to the skillet and cook over moderately high heat until brown and crusty on the bottom, about 4 minutes. Turn and cook the other side until lightly browned, about 3 minutes. Brown the chicken tenders in another teaspoon of oil.
- Transfer the chicken to a platter and cover loosely with foil.
- Heat 1 teaspoon of the oil and 1 teaspoon of the bacon fat in the skillet.

- Add the mushrooms, shallots and 2 tablespoons of water, season with salt and pepper and cook over moderate heat, stirring occasionally, until the vegetables are softened and browned, about 6 minutes.
- Transfer to a bowl and keep warm.
- Pour the wine into the skillet and cook over high heat, scraping the bottom of the pan to loosen any browned bits, until reduced to a few tablespoons.
- Add the chicken stock and cook until reduced to 1/2 cup, about 3 minutes.
- Whisk in the flour paste and cook until the sauce thickens.
- Add the mushrooms and cook until warmed through.
- Transfer to a small bowl and stir in any accumulated juices from the chicken.
- Wipe out the skillet and return it to high heat.
- Add the remaining 1 teaspoon oil and 1 more teaspoon of the bacon fat.
- Add the kale, season with salt and pepper and saut until just beginning to brown, about 3 minutes. Stir in the reserved bacon and the lemon juice. Arrange the kale on 4 dinner plates. Top with the chicken breasts and mushroom sauce and serve.
- Baked or mashed potatoes.
- Wine Recommendation: The key to a successful wine match here is balancing the flavors of the smoked bacon, kale, and mushrooms. They suggest a light red with some ripe fruitiness to play off the sharpness of the greens and the meat. A West Coast Pinot Noir, such as the 1993 Erath Willamette Valley from Oregon or the 1993 Sanford Santa Barbara from California, would be an excellent choice.

## Nutrition Facts



### Properties

Glycemic Index:38, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:44.443043501481%

### 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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg

0.11mg, Naringenin: 0.11mg Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg Quercetin: 25.62mg, Quercetin: 25.62mg, Quercetin: 25.62mg, Quercetin: 25.62mg

## **Nutrients (% of daily need)**

Calories: 436.24kcal (21.81%), Fat: 20.64g (31.76%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 7.46g (2.71%), Sugar: 3.35g (3.73%), Cholesterol: 128.27mg (42.76%), Sodium: 612.52mg (26.63%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 44.44g (88.89%), Vitamin K: 445.11µg (423.91%), Vitamin A: 11450.74IU (229.01%), Vitamin C: 110.42mg (133.85%), Vitamin B3: 22.96mg (114.81%), Selenium: 61.88µg (88.4%), Vitamin B6: 1.6mg (80.14%), Manganese: 1.03mg (51.46%), Phosphorus: 511.98mg (51.2%), Vitamin B2: 0.73mg (43.04%), Potassium: 1468.89mg (41.97%), Vitamin B5: 3.33mg (33.32%), Calcium: 317.6mg (31.76%), Fiber: 7.46g (29.85%), Iron: 4.97mg (27.62%), Magnesium: 98.52mg (24.63%), Folate: 88.83µg (22.21%), Vitamin B1: 0.33mg (22.13%), Vitamin D: 3.3µg (21.98%), Copper: 0.36mg (17.81%), Zinc: 2.24mg (14.92%), Vitamin E: 1.74mg (11.58%), Vitamin B12: 0.49µg (8.17%)