



WHATSheATE



Chicken with Mushroom “Cream” Sauce



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons tapioca/arrowroot flour
- ☐ 4 six ounce chicken breast halves boneless skinless
- ☐ 0.5 cup chicken broth – use gluten free divided
- ☐ 1 cup coconut milk
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 2 cloves garlic minced
- ☐ 8 ounces mushrooms wild mixed cleaned sliced

- ☐ 2 tablespoons olive oil – use divided
- ☐ 1 medium onion chopped
- ☐ 4 servings sea salt & pepper
- ☐ 4 servings additional tarragon for garnish – optional

Equipment

- ☐ frying pan

Directions

- ☐ Heat two large skillets over medium–high heat.
- ☐ Add enough olive oil to each pan to coat the bottom (between 1 and 1 ½ tablespoons).Liberal season chicken breast with salt and pepper.
- ☐ Add to one skillet and cook for about 5 minutes on one side. Turn the heat down to medium, flip the chicken breasts over and cook the other side until browned on the outside and cooked through about 3–4 minutes.
- ☐ Remove to a plate to rest a few minutes while finishing the sauce.In the other pan add the chopped onions. Turn heat down to medium low and cook until onions are soft and starting to caramelize, about 5 minutes.
- ☐ Add the chopped garlic and cook for 30 seconds.
- ☐ Add the mushrooms and cook for about 5 minutes until browned. Season with a good pinch of salt and pepper. Turn up the heat to medium high and add the ½ cup chicken broth. Cook for about 1 minute until the chicken broth has reduced by half.
- ☐ Add the coconut milk and heat through about 2 minutes.
- ☐ Add the chopped tarragon and thyme. Taste for seasoning and add more salt and pepper if needed.Make a slurry by mixing the remaining 2 tablespoons of chicken stock with the arrowroot or cornstarch.
- ☐ Add to the sauce and cook for about 30 seconds until sauce thickens.Slice the chicken breasts diagonally in about 1 inch slices and put on a platter. Spoon sauce over the chicken breasts.
- ☐ Garnish with fresh herbs if desired.

Nutrition Facts



 PROTEIN **29.93%**  FAT **54.86%**  CARBS **15.21%**

Properties

Glycemic Index:92.75, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:20.665217389231%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 361.4kcal (18.07%), Fat: 22.58g (34.74%), Saturated Fat: 12.37g (77.32%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 11.69g (4.25%), Sugar: 2.66g (2.95%), Cholesterol: 72.91mg (24.3%), Sodium: 450.02mg (19.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.44%), Vitamin B3: 14.73mg (73.64%), Vitamin B6: 1.15mg (57.61%), Selenium: 40.09µg (57.28%), Manganese: 0.91mg (45.36%), Phosphorus: 377.47mg (37.75%), Vitamin B5: 2.6mg (26%), Potassium: 860.16mg (24.58%), Iron: 3.87mg (21.51%), Magnesium: 82.6mg (20.65%), Vitamin B2: 0.31mg (18.09%), Copper: 0.29mg (14.36%), Zinc: 1.78mg (11.88%), Vitamin C: 8.6mg (10.43%), Fiber: 2.4g (9.6%), Folate: 33.39µg (8.35%), Vitamin E: 1.24mg (8.27%), Vitamin B1: 0.12mg (8.19%), Calcium: 65.85mg (6.58%), Vitamin A: 233.82IU (4.68%), Vitamin K: 4.58µg (4.36%), Vitamin B12: 0.23µg (3.86%), Vitamin D: 0.34µg (2.27%)