



Chicken with Mushroom Sauce (Pollo con Salsa de Champiñones)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby bella mushrooms sliced
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 8 chicken thighs
- ☐ 4 servings parsley fresh
- ☐ 4 servings thyme leaves fresh
- ☐ 2 garlic cloves chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup heavy cream
- ☐ 0.3 cup onion chopped
- ☐ 4 servings salt and pepper

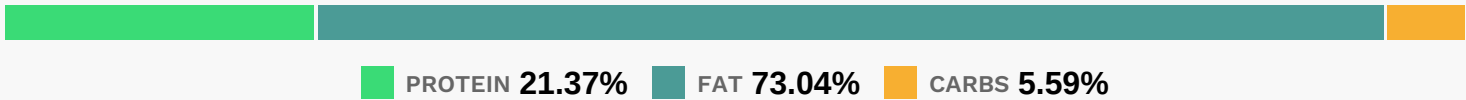
Equipment

- ☐ frying pan

Directions

- ☐ Season the chicken generously with salt and pepper. In a large fry pan over medium-high heat, melt the butter.
- ☐ Add the chicken and cook, turning once or twice, until golden brown on both sides, about 8 minutes total.
- ☐ Transfer the chicken to a plate.
- ☐ Add the onion and sauté until barely softened, about 3 minutes.
- ☐ Add the mushrooms and sauté until their juices are released, about 5 minutes.
- ☐ Add the garlic and cook for 2 minutes more.
- ☐ Add the chicken broth and heavy cream.Return the chicken and any juices from the plate to the pan and spoon the mushrooms over the chicken. Cover, reduce the heat to medium-low and braise the chicken until opaque throughout, 20 to 25 minutes. Stir in the thyme, parsley, cumin and season with salt and pepper.
- ☐ Serve warm over white rice.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:32.067391374837%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 803.6kcal (40.18%), Fat: 65.65g (101%), Saturated Fat: 27.63g (172.69%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 10.11g (3.68%), Sugar: 5.12g (5.69%), Cholesterol: 305.57mg (101.86%), Sodium: 524.89mg (22.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.45%), Selenium: 75.2µg (107.43%), Vitamin B3: 15.9mg (79.49%), Vitamin K: 72.94µg (69.47%), Vitamin B2: 1.03mg (60.77%), Phosphorus: 555.37mg (55.54%), Vitamin B6: 1mg (49.82%), Vitamin B5: 4.2mg (41.98%), Copper: 0.74mg (37.17%), Potassium: 1145.9mg (32.74%), Vitamin A: 1615.64IU (32.31%), Zinc: 4.41mg (29.42%), Vitamin B12: 1.67µg (27.78%), Vitamin B1: 0.32mg (21.42%), Magnesium: 65.75mg (16.44%), Iron: 2.79mg (15.51%), Manganese: 0.27mg (13.41%), Folate: 49.22µg (12.3%), Vitamin C: 8.63mg (10.45%), Calcium: 98.27mg (9.83%), Vitamin D: 1.29µg (8.61%), Vitamin E: 1.26mg (8.37%), Fiber: 1.18g (4.72%)