



Chicken with Mushrooms, Prosciutto, and Cream Sauce

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 6 chicken thighs
- ☐ 1 cup mushrooms fresh sliced
- ☐ 2 tablespoons garlic divided minced
- ☐ 6 slices pancetta sliced thin ()
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup heavy whipping cream sour

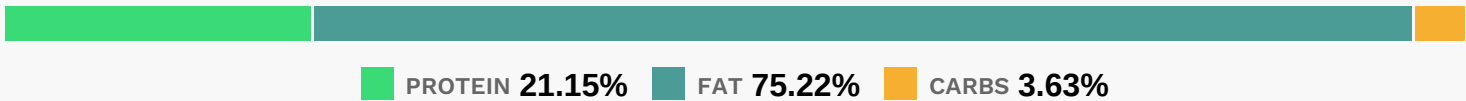
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Drizzle butter into a casserole dish. Season chicken with salt, pepper, and 1 tablespoon garlic. Wrap chicken thighs in prosciutto, and place in casserole dish.
- ☐ Sprinkle mushrooms and remaining garlic on top of chicken.
- ☐ Bake in a preheated oven until juices run clear, about 1 hour.
- ☐ Remove chicken to a platter, and cover with aluminum foil to keep warm.
- ☐ Pour drippings from casserole into a skillet set over medium-low heat.
- ☐ Whisk in wine and sour cream, and cook until warmed through, about 5 to 7 minutes.
- ☐ Pour over chicken, and serve.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:10.613043479297%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 397.78kcal (19.89%), Fat: 33.21g (51.09%), Saturated Fat: 10.79g (67.41%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.65g (1.83%), Cholesterol: 138.64mg (46.21%), Sodium: 390.9mg (17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Selenium: 26.02µg (37.18%), Vitamin B3: 6.2mg (31.01%), Phosphorus: 238.11mg (23.81%), Vitamin B6: 0.47mg (23.74%), Vitamin B2: 0.29mg (17%), Vitamin B5: 1.58mg (15.81%), Vitamin B12: 0.85µg (14.25%), Zinc: 1.75mg (11.65%), Potassium: 358.98mg (10.26%), Vitamin A: 497.08IU (9.94%), Vitamin B1: 0.13mg (8.81%), Magnesium: 28.51mg (7.13%), Copper: 0.13mg (6.34%), Calcium: 54.98mg (5.5%), Iron: 0.94mg (5.24%), Manganese: 0.08mg (3.79%), Vitamin E: 0.57mg (3.77%), Vitamin K: 2.99µg (2.85%), Folate: 8.54µg (2.13%), Vitamin C: 1.52mg (1.85%), Vitamin D: 0.18µg (1.18%)