



Chicken with Mustard-White Wine Sauce and Spring Vegetables

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 baby carrots peeled
- 0.5 teaspoon pepper black divided freshly ground
- 1.5 cups chicken stock see unsalted divided (such as Swanson)
- 1 tablespoon dijon mustard
- 1 tablespoon flour all-purpose
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped

- 0.8 teaspoon kosher salt divided
- 2.5 tablespoons olive oil divided
- 1 pound potatoes red halved lengthwise
- 1 rosemary sprig
- 4 large shallots peeled quartered
- 1.5 pounds chicken thighs boneless skinless
- 2 thyme sprigs
- 1 cup white wine

Equipment

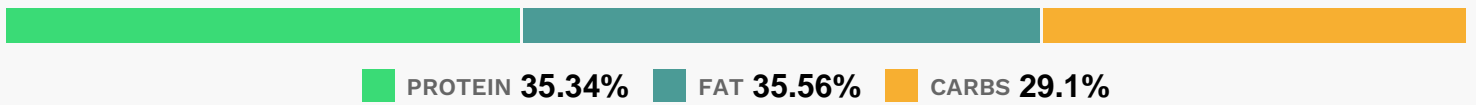
- bowl
- frying pan
- oven
- whisk
- stove

Directions

- Place a jelly-roll pan in oven. Preheat oven to 425 (leave jelly-roll pan in oven as it preheats).
- Combine first 3 ingredients in a bowl; drizzle with 1 1/2 tablespoons oil.
- Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper; toss well to coat.
- Add vegetable mixture to preheated pan.
- Bake at 425 for 30 minutes or until golden and almost tender, stirring once.
- Heat a large ovenproof skillet over medium-high heat.
- Add remaining 1 tablespoon oil to pan; swirl to coat.
- Sprinkle remaining 1/2 teaspoon salt and 1/4 teaspoon pepper evenly over both sides of chicken.
- Add chicken to pan; cook 3 minutes. Turn chicken over.
- Place pan in oven; bake chicken at 425 for 10 minutes or until done.
- Remove from pan, and let stand 10 minutes.

- Return skillet to stovetop over medium-high heat.
- Add wine, thyme sprigs, and rosemary sprig; bring to a boil, scraping pan to loosen browned bits. Cook until liquid is reduced to 3 tablespoons (about 10 minutes).
- Place flour in a small bowl. Stir in 1/2 cup stock and mustard; add to pan. Cook 1 minute, stirring constantly with a whisk.
- Add remaining 1 cup stock and vegetable mixture to pan. Bring to a simmer; cook 2 minutes.
- Remove from heat; stir in chopped parsley and chopped thyme.
- Serve chicken with sauce and vegetables.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:29.222173960313%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 481.3kcal (24.07%), Fat: 17.24g (26.53%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 27.58g (10.03%), Sugar: 6.93g (7.7%), Cholesterol: 164.29mg (54.76%), Sodium: 808.71mg (35.16%), Alcohol: 6.18g (100%), Alcohol %: 1.54% (100%), Protein: 38.55g (77.11%), Vitamin A: 4434.02IU (88.68%), Vitamin B3: 12.69mg (63.47%), Selenium: 43.55µg (62.21%), Vitamin B6: 1.16mg (58.2%), Vitamin K: 50.2µg (47.81%), Phosphorus: 454.99mg (45.5%), Potassium: 1255.98mg (35.89%), Vitamin B2: 0.46mg (26.99%), Vitamin B5: 2.61mg (26.14%), Manganese: 0.47mg (23.32%), Zinc: 3.4mg (22.66%), Magnesium: 88.03mg (22.01%), Vitamin B1: 0.33mg (21.87%), Vitamin C: 17.8mg (21.58%), Iron: 3.72mg (20.68%), Copper: 0.37mg (18.54%), Vitamin B12: 1.09µg (18.14%), Fiber: 4.16g (16.64%), Folate: 56.44µg (14.11%), Vitamin E: 1.65mg (10.98%), Calcium: 66.86mg (6.69%)