



Chicken with Wild Mushrooms

READY IN



110 min.

SERVINGS



6

CALORIES



1069 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken stock see good homemade
- ☐ 7 pound chickens cut in eighths
- ☐ 0.3 cup cooking sherry dry
- ☐ 6 servings flour all-purpose
- ☐ 8 sprigs thyme leaves fresh with kitchen string
- ☐ 3 cloves garlic minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1.5 pounds mushrooms wild diced such as porcini and cremini, stems removed and 1 1/2-inch assorted
- ☐ 0.5 cup olive oil good

- ☐ 3 tablespoons butter unsalted at room temperature
- ☐ 2 cups white wine such as pinot grigio
- ☐ 8 garlic cloves whole

Equipment

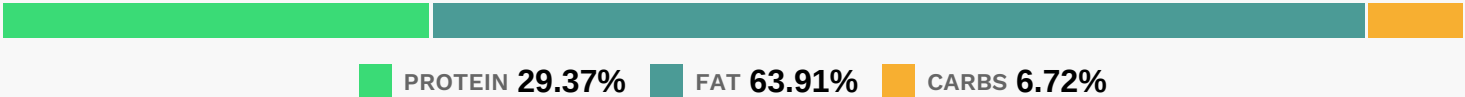
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees. Pat the chicken dry with paper towels and sprinkle both sides liberally with salt and pepper.
- ☐ Place 1/2 cup flour in a bowl and dredge the chicken in the flour. In a large (12-inch) ovenproof pot such as Le Creuset, heat the oil.
- ☐ Add the chicken in three batches (don't crowd them!) and brown lightly over medium-high heat for 3 to 5 minutes on each side.
- ☐ Remove the chicken to a plate and continue until all the chicken is browned.
- ☐ Add the whole garlic cloves, mushrooms, and thyme to the pot and cook over medium heat for 5 minutes, stirring occasionally.
- ☐ Add the sherry and cook for 1 minute, scraping up the brown bits.
- ☐ Add the minced garlic and cook for 2 more minutes.
- ☐ Add the wine, chicken stock, 1 tablespoon salt, and 1 teaspoon pepper and bring to a simmer.
- ☐ Add the chicken (large pieces first), cover, and place in the middle of the oven for 30 to 35 minutes, until the chicken is cooked through (about 165 degrees on an instant-read thermometer).
- ☐ Remove the chicken to a bowl and discard the thyme. With a fork, mash together the butter and 1/4 cup flour and add it to the sauce. Simmer, stirring constantly, over medium heat for 5 minutes, until slightly thickened. Season to taste (it should be highly seasoned), put the

chicken back in the sauce, and serve hot.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:5.59, Inflammation Score:-10, Nutrition Score:38.879565270051%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1069.19kcal (53.46%), Fat: 70.47g (108.42%), Saturated Fat: 21.47g (134.17%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 15.02g (5.46%), Sugar: 3.69g (4.09%), Cholesterol: 349.68mg (116.56%), Sodium: 389.19mg (16.92%), Alcohol: 9.45g (100%), Alcohol %: 1.69% (100%), Protein: 72.87g (145.74%), Vitamin B3: 30.71mg (153.53%), Selenium: 60.53µg (86.47%), Phosphorus: 778.1mg (77.81%), Vitamin B6: 1.48mg (74.23%), Vitamin B2: 1.24mg (72.82%), Vitamin A: 3498.31IU (69.97%), Vitamin B12: 3.88µg (64.7%), Vitamin B5: 5.72mg (57.19%), Zinc: 5.81mg (38.71%), Iron: 6.76mg (37.55%), Potassium: 1250.12mg (35.72%), Folate: 138.54µg (34.63%), Copper: 0.67mg (33.65%), Vitamin B1: 0.42mg (27.95%), Magnesium: 93.27mg (23.32%), Vitamin C: 15.66mg (18.99%), Manganese: 0.35mg (17.42%), Fiber: 1.66g (6.66%), Calcium: 63.97mg (6.4%), Vitamin E: 0.73mg (4.84%), Vitamin K: 3.14µg (2.99%), Vitamin D: 0.33µg (2.21%)