



Creamed Chicken with Corn and Bacon Over Polenta

READY IN



45 min.

SERVINGS



6

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut into 1/2-inch pieces
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 lb fontina diced italian (preferably)
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 cups regular corn fresh
- ☐ 1.3 cups heavy cream
- ☐ 2.5 teaspoons kosher salt

- ☐ 1 cup milk
- ☐ 0.5 cup parmesan finely grated
- ☐ 3 large plum tomatoes diced seeded finely
- ☐ 1.5 cups polenta instant
- ☐ 1 lb chicken breast halves boneless skinless
- ☐ 2 tablespoons butter unsalted
- ☐ 6 cups water

Equipment

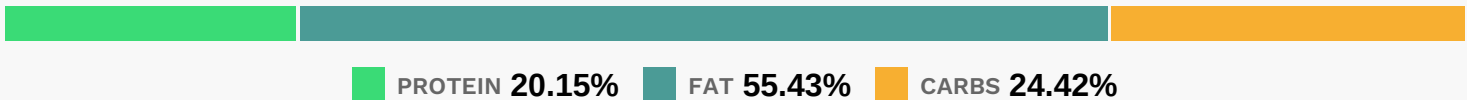
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Cook bacon and chicken: Cook bacon in a large heavy skillet (preferably cast-iron) over moderate heat, stirring, until crisp.
- ☐ Transfer bacon with a slotted spoon to paper towels, then pour off all but about 1 1/2 tablespoons fat from skillet.
- ☐ Pat chicken dry and season with salt and pepper.
- ☐ Add to skillet with bacon fat and cook over moderately high heat, turning several times, until nicely crusted and just cooked through, 8 to 10 minutes.
- ☐ Transfer to a plate and cool. Tear chicken into bite-size pieces.
- ☐ Prepare corn and sauce while chicken is cooking: Gently simmer corn and milk in a heavy saucepan until corn is crisp-tender, about 5 minutes.
- ☐ Pour through a sieve into a bowl and reserve corn and milk separately.
- ☐ Melt butter in same saucepan over moderately low heat.

- ☐ Add flour and cook roux, stirring, 3 minutes. Gradually whisk in cream, then reserved warm milk, pepper, and salt. Bring to a boil, whisking, then simmer, whisking, 3 minutes. Stir in tomatoes, chicken, and corn. Keep warm, covered, over very low heat.
- ☐ Make polenta: Bring water with salt to a boil. Gradually whisk in polenta and cook over moderately high heat, whisking, 5 minutes. Stir in cheeses.
- ☐ Divide polenta among 6 shallow bowls. Stir basil into chicken mixture and spoon over polenta.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:2.68, Inflammation Score:-8, Nutrition Score:22.96521746594%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 788.44kcal (39.42%), Fat: 48.81g (75.1%), Saturated Fat: 26.77g (167.32%), Carbohydrates: 48.37g (16.12%), Net Carbohydrates: 46.27g (16.83%), Sugar: 8.17g (9.07%), Cholesterol: 183.36mg (61.12%), Sodium: 1688.68mg (73.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.92g (79.84%), Selenium: 46.19µg (65.98%), Phosphorus: 533.01mg (53.3%), Vitamin B3: 10.6mg (53%), Vitamin B6: 0.84mg (41.87%), Calcium: 410.75mg (41.08%), Vitamin A: 1839.73IU (36.79%), Vitamin B2: 0.41mg (24.17%), Vitamin B5: 2.26mg (22.65%), Vitamin B12: 1.3µg (21.72%), Potassium: 730.83mg (20.88%), Vitamin B1: 0.31mg (20.76%), Zinc: 3.03mg (20.21%), Magnesium: 75.59mg (18.9%), Vitamin D: 1.74µg (11.62%), Manganese: 0.23mg (11.58%), Vitamin C: 8.92mg (10.81%), Folate: 40.22µg (10.05%), Vitamin K: 10.45µg (9.96%), Copper: 0.17mg (8.54%), Fiber: 2.1g (8.4%), Iron: 1.48mg (8.22%), Vitamin E: 1.16mg (7.71%)