



Creamy Chicken and Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 celery stalk
- ☐ 0.5 cup crème fraîche
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 cups lower-sodium chicken broth fat-free

- ☐ 12 ounce whole-grain bread toasted
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup shallots thinly sliced
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 3 thyme sprigs
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine chicken broth, water, onion, thyme sprigs, and celery stalk in a saucepan.
- ☐ Add chicken; bring to a simmer. Simmer gently for 15 minutes or until chicken is done.
- ☐ Remove chicken from pan; cool. Shred chicken. Strain cooking liquid through a sieve over a bowl, reserving 1 cup cooking liquid; reserve remaining cooking liquid for another use. Discard solids.
- ☐ Heat a skillet over medium-high heat.
- ☐ Add olive oil, shallots, and garlic; saut 1 minute, stirring frequently.
- ☐ Add cremini mushrooms, kosher salt, and black pepper; saut 3 minutes.
- ☐ Add wine; cook until liquid evaporates. Stir in flour; cook 1 minute. Stir in reserved cooking liquid; bring to a boil. Cook 1 minute.
- ☐ Remove from heat; stir in chicken and crme frache.
- ☐ Serve over toasted bread slices.

Nutrition Facts



 **PROTEIN 38.4%**  **FAT 26.69%**  **CARBS 34.91%**

Properties

Glycemic Index:59.28, Glycemic Load:16.22, Inflammation Score:-8, Nutrition Score:25.845652321111%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 389.06kcal (19.45%), Fat: 11.09g (17.06%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 28.1g (10.22%), Sugar: 5.95g (6.61%), Cholesterol: 83.88mg (27.96%), Sodium: 890.5mg (38.72%), Alcohol: 2.06g (100%), Alcohol %: 0.5% (100%), Protein: 35.91g (71.82%), Selenium: 62.13µg (88.76%), Vitamin B3: 15.92mg (79.62%), Manganese: 1.42mg (70.87%), Vitamin B6: 1.13mg (56.26%), Phosphorus: 439.34mg (43.93%), Potassium: 1178.32mg (33.67%), Vitamin B5: 2.73mg (27.27%), Vitamin B2: 0.44mg (25.97%), Vitamin B1: 0.36mg (23.91%), Magnesium: 87.7mg (21.92%), Copper: 0.39mg (19.68%), Fiber: 4.55g (18.21%), Zinc: 2.29mg (15.25%), Calcium: 142.47mg (14.25%), Iron: 2.5mg (13.91%), Folate: 49.27µg (12.32%), Vitamin K: 6.97µg (6.63%), Vitamin E: 0.95mg (6.32%), Vitamin C: 4.9mg (5.94%), Vitamin B12: 0.3µg (5.08%), Vitamin A: 183.39IU (3.67%), Vitamin D: 0.15µg (1.01%)