



Delmonico Chicken Clemenceau

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



871 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 1 tablespoon butter
- 3 egg yolks
- 2 teaspoons garlic chopped
- 0.5 pound peas green
- 0.5 pound smithfield ham julienned
- 0.5 pound exotic mushrooms assorted stemmed cleaned sliced
- 4 servings drizzle of olive oil

- 0.5 cup onions minced
- 1 tablespoon parsley leaves finely chopped
- 10 peppercorns
- 0.5 pound brabant potatoes diced (small blanched potatoes that are fried until golden)
- 4 servings salt
- 2 tablespoons shallots finely chopped
- 1 tablespoon tarragon chopped
- 1 cup butter unsalted melted
- 3 tablespoons vinegar white
- 3 tablespoons white wine
- 1 fryer
- 1 fryer

Equipment

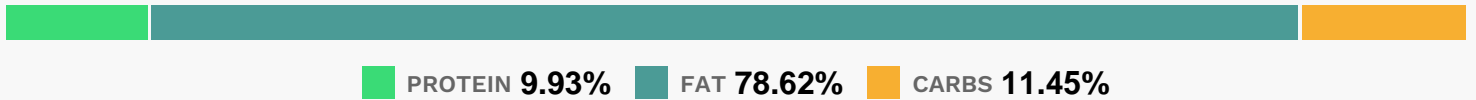
- sauce pan
- oven
- whisk
- roasting pan

Directions

- Preheat the oven to 400 degrees F. Season the chicken with olive oil, salt and pepper.
- Place on a roasting pan and bake for 30 minutes. Reduce the heat to 350 degrees F. and continue to cook for 30 minutes. In a large saute pan, melt the butter.
- Add the ham and saute for 2 minutes.
- Add the onions.
- Saute for 1 minute.
- Add the garlic and mushrooms. Season with salt and pepper.
- Saute for 2 minutes.
- Add the peas and potatoes.

- Saute for 3 to 4 minutes. In a saucepan, combine the vinegar, wine, peppercorns, shallots, and tarragon. Bring the liquid to a boil and reduce to 1 tablespoon.
- Add 1 tablespoon of water.
- Add the egg yolks and whisk, over low heat, until frothy, about 3 to 4 minutes. In a steady stream, add the butter until the sauce thickens. Season with salt and pepper. Strain the sauce through a chinois and set aside.
- Remove the chicken from the oven and carve into 4 pieces (2 breast and 2 leg/thigh). To serve, spoon the potato mixture on the bottom of each plate.
- Lay the individual chicken portions on top of the potatoes. Spoon the Bernaise Sauce over the chicken and serve.

Nutrition Facts



Properties

Glycemic Index:132.02, Glycemic Load:11.23, Inflammation Score:-9, Nutrition Score:26.779565355052%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 870.68kcal (43.53%), Fat: 76.6g (117.85%), Saturated Fat: 37.7g (235.6%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 19.28g (7.01%), Sugar: 6.27g (6.97%), Cholesterol: 310.49mg (103.5%), Sodium: 915.56mg (39.81%), Alcohol: 1.16g (100%), Alcohol %: 0.4% (100%), Protein: 21.77g (43.54%), Vitamin C: 39.59mg (47.99%), Vitamin A: 2295.59IU (45.91%), Vitamin K: 45.04µg (42.9%), Vitamin B1: 0.63mg (42.07%), Selenium: 28.04µg (40.05%), Phosphorus: 350.97mg (35.1%), Vitamin B6: 0.7mg (34.81%), Vitamin B2: 0.57mg (33.69%), Vitamin B3: 6.62mg (33.08%), Manganese: 0.63mg (31.74%), Vitamin E: 4.07mg (27.13%), Potassium: 872.05mg (24.92%), Fiber: 5.83g (23.32%), Folate: 90.82µg (22.7%), Copper: 0.44mg (22.19%), Zinc: 3.01mg (20.08%), Vitamin B5: 1.87mg (18.67%), Iron: 3.34mg (18.53%), Magnesium: 61.35mg (15.34%), Vitamin D: 2.09µg (13.94%), Vitamin B12: 0.75µg (12.52%), Calcium: 92.54mg (9.25%)