



WHATSheATE



Dijon Mustard Chicken Fricassee



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 pounds chicken pieces
- ☐ 0.3 cup dijon mustard
- ☐ 1 cup wine dry white
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 1 tablespoon thyme sprigs fresh divided chopped
- ☐ 3 garlic clove minced

- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped (1 large)
- ☐ 0.3 teaspoon salt

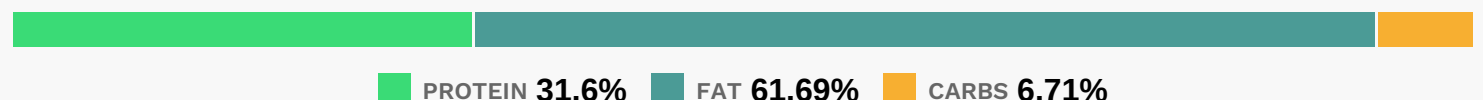
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine mustard, 1 tablespoon parsley, 1 1/2 teaspoons thyme, and chicken in a large zip-top plastic bag; toss well to coat. Chill 8 hours or overnight.
- ☐ Remove chicken from bag, and discard marinade.
- ☐ Sprinkle chicken with salt and black pepper.
- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add chicken to pan, and cook 5 minutes on each side or until browned.
- ☐ Remove from pan.
- ☐ Add chopped onion to pan, and saut 5 minutes or until tender, stirring frequently.
- ☐ Add garlic to pan, and saut 1 minute, stirring constantly. Stir in wine and chicken broth, scraping pan to loosen browned bits. Stir in 1 tablespoon parsley and remaining 1 1/2 teaspoons thyme. Return chicken to pan. Cover, reduce heat, and simmer 25 minutes or until chicken is done.
- ☐ Remove chicken from pan with a slotted spoon. Keep warm.
- ☐ Cook sauce, uncovered, over medium heat 4 minutes or until slightly thick.
- ☐ Pour sauce over chicken, and sprinkle with remaining 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:23.475217446037%

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: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Nutrients (% of daily need)

Calories: 620.05kcal (31%), Fat: 39.1g (60.15%), Saturated Fat: 10.53g (65.84%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.48g (3.87%), Cholesterol: 173.5mg (57.83%), Sodium: 718.71mg (31.25%), Alcohol: 6.18g (100%), Alcohol %: 1.8% (100%), Protein: 45.06g (90.12%), Vitamin B3: 16.37mg (81.85%), Vitamin K: 68.03µg (64.79%), Selenium: 40.54µg (57.92%), Vitamin B6: 0.97mg (48.4%), Phosphorus: 398.98mg (39.9%), Vitamin B5: 2.36mg (23.58%), Zinc: 3.42mg (22.77%), Vitamin C: 16.69mg (20.24%), Vitamin B2: 0.34mg (19.98%), Potassium: 649.97mg (18.57%), Iron: 3.31mg (18.37%), Magnesium: 71.76mg (17.94%), Manganese: 0.35mg (17.64%), Vitamin A: 736.04IU (14.72%), Vitamin B1: 0.21mg (14.1%), Vitamin B12: 0.83µg (13.84%), Copper: 0.18mg (9.15%), Vitamin E: 1.3mg (8.64%), Fiber: 2.14g (8.55%), Folate: 34.11µg (8.53%), Calcium: 73.73mg (7.37%), Vitamin D: 0.46µg (3.08%)