



WHATSheATE



Gratineed Chicken in Cream Sauce (Poulet à la Fermiere)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



787 kcal

SAUCE

Ingredients

- ☐ 1 cup peas frozen thawed
- ☐ 1 bay leaves (not California)
- ☐ 4 slices carrots 1-inch-thick
- ☐ 0.3 cup chicken broth
- ☐ 2 pounds chicken pieces
- ☐ 0.7 cup crème fraîche
- ☐ 0.5 cup wine dry white

- ☐ 1 cup gruyere cheese grated
- ☐ 2 cups onion whole frozen dry thawed
- ☐ 6 parsley fresh
- ☐ 1 pound potato boiling peeled halved ()
- ☐ 2 thyme sprigs fresh
- ☐ 1 tablespoon butter unsalted

Equipment

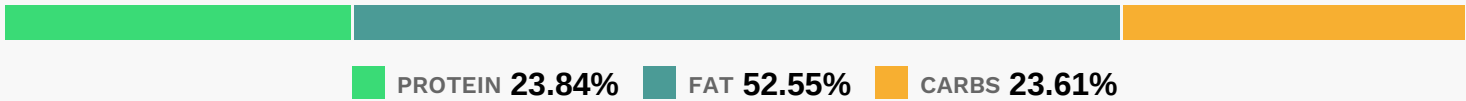
- ☐ frying pan
- ☐ broiler
- ☐ cheesecloth

Directions

- ☐ Pat chicken dry and season with salt and pepper.
- ☐ Heat butter in a 12-inch ovenproof deep heavy sauté pan over moderately high heat until foam subsides, then brown chicken all over, in batches if necessary, 8 to 10 minutes.
- ☐ Transfer to a plate and cover.
- ☐ Pour off all but 1 tablespoon fat from pan.
- ☐ Tie parsley, thyme, and bay leaf in cheesecloth to make a bouquet garni, then add to pan with carrots and onions, stirring to coat with fat.
- ☐ Add wine and deglaze by boiling over high heat, stirring and scraping up brown bits, until liquid is reduced by half, about 3 minutes.
- ☐ Add broth and chicken, skin sides up, with any juices from plate, and simmer, covered, 10 minutes.
- ☐ Add potatoes and salt and pepper to taste and simmer, covered, until chicken is cooked through and potatoes are tender, about 15 minutes.
- ☐ Preheat broiler.
- ☐ Discard bouquet garni. Stir in crème fraîche, peas, and salt and pepper to taste, then turn chicken in sauce to coat.

Sprinkle dish all over with Gruyère and broil 4 to 5 inches from heat until browned and sauce is bubbling, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:52.54, Glycemic Load:7.08, Inflammation Score:-10, Nutrition Score:36.723478047744%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 17.25mg, Quercetin: 17.25mg, Quercetin: 17.25mg, Quercetin: 17.25mg

Nutrients (% of daily need)

Calories: 786.52kcal (39.33%), Fat: 44.9g (69.08%), Saturated Fat: 18.7g (116.87%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 36.51g (13.28%), Sugar: 14.51g (16.12%), Cholesterol: 182.5mg (60.83%), Sodium: 540.49mg (23.5%), Alcohol: 3.09g (100%), Alcohol %: 0.62% (100%), Protein: 45.83g (91.65%), Vitamin A: 21675.26IU (433.51%), Vitamin B3: 14.02mg (70.09%), Phosphorus: 638.16mg (63.82%), Vitamin B6: 1.12mg (55.96%), Vitamin K: 57.45µg (54.71%), Vitamin C: 42.99mg (52.11%), Calcium: 476.67mg (47.67%), Potassium: 1514.89mg (43.28%), Selenium: 30.3µg (43.28%), Fiber: 8.9g (35.58%), Manganese: 0.68mg (34.13%), Zinc: 4.77mg (31.77%), Vitamin B2: 0.54mg (31.65%), Vitamin B1: 0.43mg (28.86%), Magnesium: 110.95mg (27.74%), Vitamin B5: 2.53mg (25.3%), Folate: 100.16µg (25.04%), Iron: 3.65mg (20.29%), Copper: 0.4mg (20.16%), Vitamin B12: 1.1µg (18.27%), Vitamin E: 1.68mg (11.2%), Vitamin D: 0.56µg (3.73%)