



Lemon Dill Chicken with Wild Mushrooms over Fettuccini

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



919 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 1 cup chicken stock see
- ☐ 1 teaspoon plus 1 tablespoon dill fresh chopped
- ☐ 1.5 cups vermouth dry
- ☐ 1 cup flour all-purpose
- ☐ 1 pinch parsley leaves fresh chopped for garnish

- ☐ 1 teaspoon kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 ounces lemon zest freshly squeezed
- ☐ 2 cups mushrooms sliced shiitake, oyster, cremini or a combination
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 1 pound pepper fettuccini
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 1 tablespoon shallots diced
- ☐ 24 ounce chicken breast boneless skinless
- ☐ 0.3 cup water

Equipment

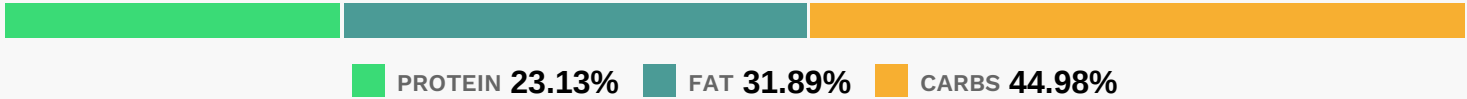
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large stock pot over high heat, boil water for pasta. When boiling, salt the water heavily and add the pasta.
- ☐ Meanwhile, in a medium size bowl, mix kosher salt, black pepper, red pepper flakes, paprika and 1 teaspoon dill with 1/2 cup flour. In another medium bowl, add water. Wet chicken with water and then dredge in the flour mixture.
- ☐ In large saute pan over medium-high heat, melt 4 tablespoons of butter and saute chicken breasts, about 4 minutes on each side. After they are cooked, remove to a plate.
- ☐ Add to the same pan the shallots and remaining dill. Stir in remaining flour and mix until pasty.
- ☐ Add dry vermouth. After alcohol burns off, mix in mushrooms.
- ☐ Add chicken stock and lemon juice and cook for an additional 3 to 4 minutes. Turn off the heat and stir in the remaining 2 tablespoons butter and a pinch of parsley. Season with salt and pepper, to taste.

- ☐ Remove pasta from water after cooking for approximately 10 to 12 minutes. Toss in oil to coat the pasta and add lemon zest. Put pasta on serving platter, then lay chicken across top and pour the sauce over the top.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:86.25, Glycemic Load:31.77, Inflammation Score:-9, Nutrition Score:54.663478084232%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 918.66kcal (45.93%), Fat: 33.45g (51.47%), Saturated Fat: 14.14g (88.38%), Carbohydrates: 106.16g (35.39%), Net Carbohydrates: 75.79g (27.56%), Sugar: 3.67g (4.08%), Cholesterol: 155.81mg (51.94%), Sodium: 1028.96mg (44.74%), Alcohol: 8.55g (100%), Alcohol %: 1.84% (100%), Protein: 54.6g (109.21%), Manganese: 14.77mg (738.53%), Vitamin K: 197.47µg (188.07%), Fiber: 30.38g (121.5%), Vitamin B3: 23.65mg (118.24%), Selenium: 76.69µg (109.55%), Copper: 1.8mg (90.01%), Vitamin B6: 1.74mg (86.77%), Iron: 13.63mg (75.73%), Potassium: 2440.9mg (69.74%), Magnesium: 255.69mg (63.92%), Phosphorus: 638.09mg (63.81%), Calcium: 529.63mg (52.96%), Vitamin B5: 4.94mg (49.45%), Vitamin B2: 0.79mg (46.44%), Vitamin B1: 0.55mg (36.5%), Vitamin A: 1384.13IU (27.68%), Folate: 102.19µg (25.55%), Vitamin E: 3.42mg (22.83%), Zinc: 2.96mg (19.71%), Vitamin C: 14.7mg (17.81%), Vitamin B12: 0.4µg (6.58%), Vitamin D: 0.27µg (1.77%)