



19%
HEALTH SCORE

Mushroom-Stuffed Chicken Breasts in a Balsamic Pan Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



533 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 80 ounces skin-on chicken breasts split dry with poultry scissors, rinsed and patted fat trimmed
- 1 teaspoon cornstarch
- 4 large garlic clove
- 6 ounces goat cheese
- 0.3 cup honey
- 1 ounce mushrooms dried (the variety)

- 2 tablespoons olive oil
- 1 pinch salt and pepper to taste
- 1 teaspoon thyme leaves dried
- 1 tablespoon water
- 1 pound mushrooms white cleaned trimmed coarsely chopped

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- kitchen thermometer

Directions

- Bring 1 cup water to a boil.
- Add dried mushrooms, cover and let stand about 20 minutes. Squeeze dry; strain liquid (a coffee filter is handy for this) and reserve.
- In a food processor, mince garlic and rehydrated mushrooms.
- Add fresh mushrooms and thyme; continue to process until all is minced.
- Heat oil in a 12-inch skillet over medium-high heat.
- Add mushroom mixture; saute until nearly all moisture has evaporated, 5 to 7 minutes. Turn off heat, stir in cheese, and season with salt and pepper. Set aside.
- Mix honey and vinegar in a small bowl.
- Adjust oven rack to lowest position and heat oven to 425 degrees.
- Set breasts, skin side down, on a large, heavy, lipped cookie sheet.
- Brush with half of the honey-vinegar; generously salt and pepper. Turn breasts over. Push fingers under skin to make a pocket; stuff with mushroom mixture. Again brush with honey-vinegar and season with salt and pepper. Being careful not to crowd, arrange breasts on

cookie sheet so thickest ends point outward. (Can now be covered and refrigerated overnight; return to room temperature before roasting.)

- Roast until golden brown, adding water if necessary to keep pan drippings from burning, until a meat thermometer registers 160 degrees in the thickest portion of the largest piece, 30 to 45 minutes.
- Transfer chicken to a platter.
- Scrape pan juices into a medium saucepan.
- Add reserved mushroom-soaking liquid and enough water to equal 1 1/2 cups of liquid. Bring to a simmer.
- Add cornstarch mixture; continue to simmer until it thickens a bit.
- Arrange a breast on each of 8 plates; drizzle with sauce, and serve.

Nutrition Facts

 **PROTEIN 40.43%**  **FAT 49.83%**  **CARBS 9.74%**

Properties

Glycemic Index:30.16, Glycemic Load:5.82, Inflammation Score:-6, Nutrition Score:22.097391294396%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 533.07kcal (26.65%), Fat: 29.18g (44.89%), Saturated Fat: 9.65g (60.3%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 12.14g (4.42%), Sugar: 11.29g (12.54%), Cholesterol: 154.93mg (51.64%), Sodium: 231.7mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.27g (106.53%), Vitamin B3: 24.76mg (123.83%), Vitamin B6: 1.34mg (66.99%), Selenium: 44.15µg (63.07%), Phosphorus: 505.4mg (50.54%), Vitamin B2: 0.52mg (30.74%), Vitamin B5: 2.89mg (28.87%), Copper: 0.45mg (22.39%), Potassium: 718.07mg (20.52%), Magnesium: 67.49mg (16.87%), Zinc: 2.38mg (15.83%), Iron: 2.58mg (14.31%), Vitamin B1: 0.21mg (13.98%), Vitamin B12: 0.84µg (13.93%), Vitamin A: 419.89IU (8.4%), Vitamin E: 1.16mg (7.75%), Vitamin D: 1.11µg (7.42%), Manganese: 0.14mg (6.94%), Calcium: 63.14mg (6.31%), Folate: 22.23µg (5.56%), Fiber: 0.69g (2.77%), Vitamin C: 2.19mg (2.65%), Vitamin K: 2.52µg (2.4%)