

food
network



HEALTH SCORE

61%

No-Thyme Quick Chicken with Smash Broc-o-tatoes and Gouda Gravy



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



936 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 head broccoli trimmed cut into florets and 1-inch cubes
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons evoo extra-virgin (olive oil)
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons thyme leaves fresh chopped

- ☐ 1.5 cups gouda cheese shredded
- ☐ 4 idaho potatoes peeled cut in 2-inch cubes
- ☐ 1.5 cups milk
- ☐ 4 servings salt
- ☐ 24 ounce chicken breasts boneless skinless

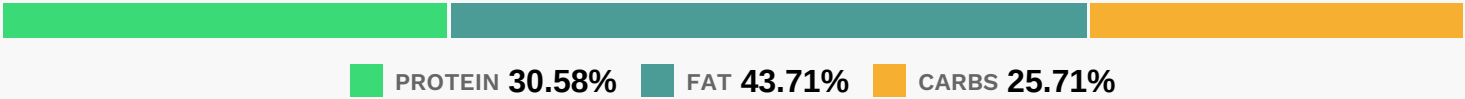
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Place the potatoes in a large pot and cover with cold water. Bring to a boil, salt the water, reduce the heat a bit, and cook until tender, about 12 minutes. Heads up: about halfway through you will add the broccoli to the pot, so use a pot large enough to accommodate both.
- ☐ Season the chicken breasts with the thyme, salt, and pepper.
- ☐ Heat the EVOO in a skillet over medium-high heat and cook the chicken for 6 minutes on each side.
- ☐ Add the broccoli to the potatoes and cook for 6 minutes.
- ☐ Heat the butter in a small saucepot over medium heat. When the butter has melted, add the flour and cook for 1 minute, then whisk in the chicken stock and 1 cup of the milk or half-and-half. Thicken for 2 to 3 minutes, season the sauce with salt and pepper, then stir in the cheese in a figure-eight motion with a wooden spoon for 2 minutes, or until the cheese is melted. Turn off the heat.
- ☐ Drain the cooked broccoli and potatoes and return to the hot pot to dry them out. Mash the broccoli and potatoes together, using the remaining milk to reach the desired consistency. Season with salt and pepper.
- ☐ Slice the chicken breasts on an angle. Pile some mashed broc-o-tatoes on plates and arrange the fanned-out chicken on the edge of the mound.
- ☐ Pour the Gouda gravy over the top.

Nutrition Facts



Properties

Glycemic Index:95.94, Glycemic Load:36.64, Inflammation Score:-10, Nutrition Score:53.810000170832%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 935.71kcal (46.79%), Fat: 45.87g (70.57%), Saturated Fat: 23.29g (145.56%), Carbohydrates: 60.73g (20.24%), Net Carbohydrates: 53.39g (19.41%), Sugar: 11.24g (12.49%), Cholesterol: 237.83mg (79.28%), Sodium: 1344.66mg (58.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.21g (144.43%), Vitamin C: 155.49mg (188.47%), Vitamin K: 166.53µg (158.6%), Vitamin B6: 2.45mg (122.63%), Phosphorus: 1177.3mg (117.73%), Vitamin B3: 22.31mg (111.53%), Selenium: 76.35µg (109.08%), Calcium: 860.07mg (86.01%), Potassium: 2333.94mg (66.68%), Vitamin B2: 0.93mg (54.67%), Vitamin B5: 4.62mg (46.19%), Magnesium: 170.99mg (42.75%), Zinc: 6.24mg (41.63%), Folate: 162.68µg (40.67%), Vitamin A: 1991.41IU (39.83%), Manganese: 0.79mg (39.58%), Vitamin B12: 2.21µg (36.87%), Vitamin B1: 0.52mg (34.79%), Fiber: 7.34g (29.35%), Iron: 4.75mg (26.37%), Copper: 0.43mg (21.57%), Vitamin E: 2.98mg (19.87%), Vitamin D: 1.62µg (10.8%)