



 **15%**  
HEALTH SCORE

## Outstanding Chicken Dinner

READY IN



50 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounce artichoke hearts drained sliced canned
- 8 ounce mushrooms chopped
- 8 ounce mushrooms chopped
- 4 chicken breast halves bone-in skinless
- 2 cups chicken broth
- 1 teaspoon rosemary dried
- 0.5 cup flour all-purpose
- 1.5 cups half and half
- 1 cup parmesan cheese grated

- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 cup butter unsalted

## Equipment

- frying pan
- oven
- whisk
- baking pan

## Directions

- Preheat the oven to 325 degrees F (165 degrees C). Melt 2 tablespoons of butter in a large skillet over medium heat.
- Saute mushrooms in butter until tender.
- Remove from the skillet, and set aside.
- Place the chicken into the skillet, and pour the broth over it. Cover, and simmer over medium heat for 20 minutes, or until the chicken is cooked through. Reserve 1/2 cup of broth from the pan, and discard or save remaining broth for other uses.
- Remove the chicken to a 9x13 inch baking dish, and top with artichokes.
- Melt the remaining 1/2 cup of butter in a skillet over medium heat, and whisk in flour until smooth. Gradually stir in the 1/2 cup of reserved broth, and half and half cream. Cook, stirring constantly, until thickened, about 5 minutes. Turn off the heat, and stir in the Parmesan cheese, rosemary, salt and pepper.
- Pour sauce over the chicken in the baking dish.
- Place sauteed mushrooms on the top.
- Bake uncovered for 30 minutes in the preheated oven.
- Let stand for a few minutes before serving to let the sauce thicken.

## Nutrition Facts

  

 PROTEIN **24.6%**  FAT **59.77%**  CARBS **15.63%**

## Properties

Glycemic Index:60.25, Glycemic Load:9.47, Inflammation Score:-7, Nutrition Score:27.982173733089%

## Nutrients (% of daily need)

Calories: 662.03kcal (33.1%), Fat: 44.17g (67.96%), Saturated Fat: 25.57g (159.82%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 23.29g (8.47%), Sugar: 7.12g (7.91%), Cholesterol: 189.19mg (63.06%), Sodium: 1621.38mg (70.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.9g (81.8%), Selenium: 64.42µg (92.03%), Vitamin B3: 17.19mg (85.96%), Phosphorus: 608.13mg (60.81%), Vitamin B2: 0.99mg (58.1%), Vitamin B6: 1.04mg (51.92%), Vitamin B5: 3.76mg (37.63%), Calcium: 342.06mg (34.21%), Potassium: 991.13mg (28.32%), Vitamin A: 1284.31IU (25.69%), Vitamin B1: 0.35mg (23.14%), Copper: 0.46mg (22.8%), Zinc: 2.9mg (19.34%), Magnesium: 62.87mg (15.72%), Folate: 57.56µg (14.39%), Vitamin B12: 0.85µg (14.22%), Manganese: 0.27mg (13.57%), Iron: 1.98mg (10.99%), Fiber: 2.69g (10.76%), Vitamin E: 1.3mg (8.64%), Vitamin D: 0.89µg (5.94%), Vitamin C: 4.57mg (5.54%), Vitamin K: 4.07µg (3.87%)