



Pan-roasted Chicken on Bacon Mushroom Ragout

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces bacon thinly sliced cut into thin strips
- ☐ 1 tablespoon butter
- ☐ 6 boned chicken breast halves dried rinsed (skin on; 8 oz. each)
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 1.5 pounds mushrooms wild fresh rinsed sliced (, common, or a combination)
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 1.5 tbsp olive oil divided

- ☐ 6 servings salt and freshly cracked pepper black
- ☐ 8 ounces shallots thinly sliced
- ☐ 1 tablespoon regular thyme leaves fresh chopped for garnish
- ☐ 0.8 cup grenache dry red

Equipment

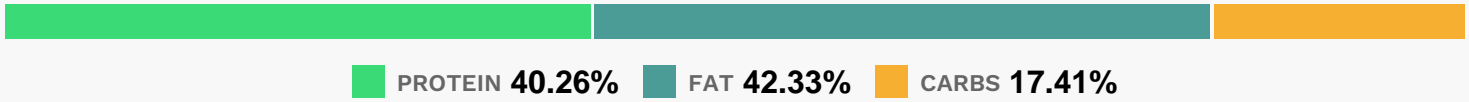
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ In a small saucepan, bring broth to a boil.
- ☐ Add dried porcini, remove from heat, and let stand until soft, about 15 minutes. Lift porcini from broth, squeezing out any extra liquid, and chop finely. Strain broth.
- ☐ In a large frying pan over medium heat, stir bacon often until fat is rendered.
- ☐ Add shallots; stir over medium-high heat until bacon begins to brown, about 5 minutes. With a slotted spoon, transfer shallots and bacon to paper towels. If pan is dry, add about 1/2 tbsp. olive oil.
- ☐ Add fresh mushrooms and chopped porcini; stir often over high heat until liquid has evaporated and mushrooms begin to brown, 12 minutes.
- ☐ Meanwhile, preheat oven to 37
- ☐ Sprinkle chicken on both sides with salt and cracked pepper.
- ☐ Heat butter and 1 tbsp. olive oil in a large, ovenproof frying pan over medium-high heat.
- ☐ Add chicken, skin side down, and cook until well browned on the bottom, 5 to 7 minutes. Turn chicken and transfer pan to oven.
- ☐ Bake just until chicken is no longer pink in center of thickest part, about 20 minutes.
- ☐ Set chicken on a platter and keep warm.
- ☐ Pour wine into pan and bring to a boil over high heat, stirring to scrape up browned bits.

- ☐
- Pour mixture into pan with mushrooms and add porcini-soaking liquid, bacon-shallot mixture, and chopped thyme. Stir often over high heat until almost all liquid has evaporated, 8 to 10 minutes.
- ☐
- Add salt and pepper to taste. Mound ragout on plates, top with chicken, and garnish with thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:22.298695481342%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 327.13kcal (16.36%), Fat: 14.65g (22.53%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 10.77g (3.92%), Sugar: 5.32g (5.92%), Cholesterol: 86.69mg (28.9%), Sodium: 456.2mg (19.83%), Alcohol: 3.15g (100%), Alcohol %: 1.12% (100%), Protein: 31.35g (62.69%), Vitamin B3: 17.42mg (87.1%), Selenium: 51.12µg (73.03%), Vitamin B6: 1.16mg (58.16%), Vitamin B5: 4.02mg (40.2%), Phosphorus: 398.46mg (39.85%), Vitamin B2: 0.64mg (37.41%), Copper: 0.58mg (28.95%), Potassium: 1010.83mg (28.88%), Vitamin B1: 0.23mg (15.58%), Magnesium: 54.65mg (13.66%), Zinc: 1.81mg (12.05%), Manganese: 0.23mg (11.53%), Fiber: 2.78g (11.11%), Vitamin C: 8.71mg (10.56%), Folate: 41.1µg (10.27%), Iron: 1.85mg (10.25%), Vitamin B12: 0.39µg (6.43%), Vitamin E: 0.86mg (5.73%), Vitamin D: 0.49µg (3.26%), Calcium: 31.02mg (3.1%), Vitamin A: 154.4IU (3.09%), Vitamin K: 2.8µg (2.67%)