



Portobello Crusted Chicken with Warm Red Bliss Potato Salad

READY IN



210 min.

SERVINGS



4

CALORIES



1314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon strips
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup bread crumbs
- ☐ 8 tablespoons butter cubed (1 stick)
- ☐ 32 ounce chicken breasts halved
- ☐ 1 tablespoon optional: dill fresh minced
- ☐ 2 tablespoons flat-leaf parsley fresh minced plus more for garinsh

- ☐ 2 sage leaves fresh finely minced
- ☐ 1 tablespoon thyme leaves fresh minced (from 3 or 4 large sprigs)
- ☐ 2 garlic cloves with the side of a knife blade and minced crushed
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon honey
- ☐ 1 juice of lemon juiced
- ☐ 0.8 cup olive oil
- ☐ 1 cup olive oil
- ☐ 2 portabello mushrooms with the tip of a spoon cleaned trimmed
- ☐ 4 large potatoes peeled cut into uniform 1/ pieces
- ☐ 1 onion red sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 scallions white green
- ☐ 1 tablespoon mustard stone-ground

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ grill

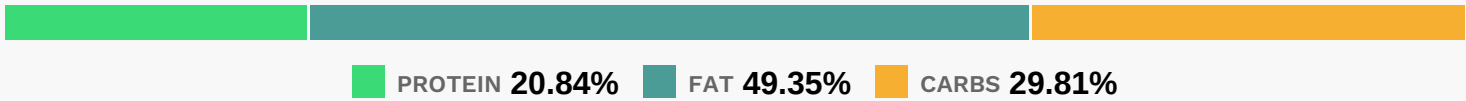
Directions

- ☐ Add the vinegar and lemon juice to a blender. Replace the lid, turn on the blender, and through the feed opening, add, 1 at a time, the garlic, salt, and black pepper. Leaving the

blender running add the olive oil in a slow thin stream.

- ☐ Place the mushrooms and chicken breasts in separate nonreactive bowls suitable for marinating and pour half of the marinade mixture over the contents of each container.
- ☐ Add the sliced red onion to the container with the chicken. Cover and marinate in the refrigerator for at least 2 hours.
- ☐ Begin making the warm potato salad. Boil potatoes until tender but not mushy, about 10 minutes. Meanwhile, fry the bacon and drain on paper towels.
- ☐ Add the balsamic vinegar to a blender, replace the lid, and through the feed opening, add, 1 at a time, the dill, mustard, honey, pepper, and salt. Leaving the blender running, add the olive oil in a slow thin stream.
- ☐ Drain the potatoes well, add the scallions, crumble in the bacon, and fold in enough of the dressing to coat.
- ☐ Heat the grill and grill marinated Portobello, skin side down first for about 5 minutes over indirect heat. Flip and grill the other side.
- ☐ Remove from heat and let rest.
- ☐ Grill both sides of marinated chicken, about 5 minutes per side, and transfer to a baking sheet.
- ☐ Preheat oven to 425 degrees F.
- ☐ In a small bowl, mash together the butter, breadcrumbs, sage, parsley, thyme and salt and pepper, to taste. Chop grilled mushrooms finely and combine with butter/breadcrumb mixture to make a paste. Press onto surface of chicken breasts and finish in oven until crust turns golden brown, about 2 to 5 minutes.
- ☐ Arrange warm potato salad and crusted chicken breast on plate and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:148.76, Glycemic Load:51.51, Inflammation Score:-10, Nutrition Score:50.426087348357%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,

Naringenin: 0.1mg Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg

Nutrients (% of daily need)

Calories: 1313.65kcal (65.68%), Fat: 72.16g (111.01%), Saturated Fat: 26.32g (164.47%), Carbohydrates: 98.05g (32.68%), Net Carbohydrates: 86.78g (31.55%), Sugar: 13.44g (14.94%), Cholesterol: 242.77mg (80.92%), Sodium: 1963.43mg (85.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.56g (137.11%), Vitamin B3: 33.72mg (168.59%), Vitamin B6: 3.11mg (155.44%), Selenium: 101.74µg (145.34%), Vitamin C: 88.66mg (107.47%), Phosphorus: 890.27mg (89.03%), Potassium: 2852.98mg (81.51%), Vitamin K: 80.89µg (77.04%), Vitamin B1: 0.92mg (61.22%), Vitamin B5: 5.39mg (53.93%), Manganese: 1.07mg (53.68%), Fiber: 11.27g (45.09%), Magnesium: 176.53mg (44.13%), Copper: 0.79mg (39.28%), Iron: 6.4mg (35.58%), Vitamin B2: 0.6mg (35.24%), Folate: 128.45µg (32.11%), Vitamin E: 4.23mg (28.19%), Zinc: 3.91mg (26.09%), Vitamin A: 1180.47IU (23.61%), Calcium: 152.08mg (15.21%), Vitamin B12: 0.9µg (15%), Vitamin D: 0.58µg (3.86%)