



## Pot-Roasted Chicken with Mushrooms

 Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 bay leaves
- ☐ 0.8 pound brussels sprouts thinly sliced
- ☐ 1 chicken dry
- ☐ 4 cloves garlic smashed (large)
- ☐ 0.8 pound mushrooms wild mixed such as shiitake and oyster, stemmed and thickly sliced
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1.5 pounds pizza dough fresh frozen thawed
- ☐ 30 servings salt and pepper freshly ground

- ☐ 2 tablespoons ginger tea bags
- ☐ 20 thyme sprigs
- ☐ 4 tablespoons butter unsalted softened
- ☐ 0.5 cup ground veal mixed with 1/2 cup of water

## Equipment

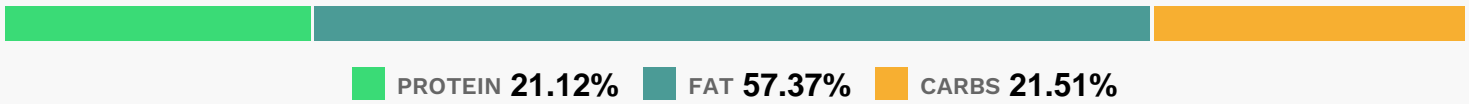
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ measuring cup
- ☐ cutting board

## Directions

- ☐ Preheat the oven to 37
- ☐ Spread the thyme, bay leaves and chamomile in the bottom of a large, deep, enameled cast-iron casserole. Season the chicken inside and out with salt and pepper and set it directly on the aromatics. Rub the top of the bird with 3 tablespoons of the butter.
- ☐ Roll the pizza dough into a rope that is long enough to encircle the casserole. Press the dough onto the rim of the casserole and cover with the lid, pressing it into the dough. Pinch the dough up onto the lid slightly to seal the pot completely. Roast the chicken in the center of the oven for 1 hour and 10 minutes.
- ☐ Remove the lid, cracking the dough, and pierce the thigh to make sure the bird is cooked through. Replace the lid and let the chicken rest for 5 minutes.
- ☐ Meanwhile, in a large skillet, melt the remaining 1 tablespoon of butter.
- ☐ Add the brussels sprouts, season with salt and pepper and cook over moderate heat until just wilted.
- ☐ Transfer the brussels sprouts to a platter.
- ☐ Heat the olive oil in the skillet.
- ☐ Add the garlic and cook over moderate heat until golden, about 5 minutes; discard the garlic.
- ☐ Add the mushrooms, season with salt and pepper and cook over moderately low heat until softened and lightly browned, about 10 minutes.

- ☐
- Add the demiglace mixture and simmer until slightly reduced, about 5 minutes.
- ☐
- Transfer the chicken to a cutting board and strain the pan juices into a measuring cup. Discard the fat from the juices, then add the juices to the mushrooms.
- ☐
- Remove the chicken skin and slice the breast meat.
- ☐
- Cut off the legs, cutting them into two pieces each. Arrange the chicken on the brussels sprouts on the platter, spoon the mushrooms and sauce on top and serve with chunks of the baked pizza dough, for dipping.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:7.4286956398383%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 160.11kcal (8.01%), Fat: 10.28g (15.82%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 7.35g (2.67%), Sugar: 1.33g (1.48%), Cholesterol: 29.31mg (9.77%), Sodium: 320.25mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.03%), Vitamin K: 23.17µg (22.07%), Vitamin B3: 3.05mg (15.23%), Vitamin C: 11.52mg (13.96%), Selenium: 9.74µg (13.91%), Phosphorus: 107.84mg (10.78%), Vitamin B6: 0.19mg (9.43%), Vitamin B2: 0.14mg (8.13%), Manganese: 0.16mg (7.8%), Iron: 1.12mg (6.23%), Zinc: 0.93mg (6.2%), Vitamin B1: 0.08mg (5.65%), Vitamin A: 277.8IU (5.56%), Vitamin B5: 0.54mg (5.42%), Calcium: 53.06mg (5.31%), Fiber: 1.32g (5.27%), Vitamin B12: 0.31µg (5.15%), Potassium: 179.1mg (5.12%), Copper: 0.1mg (4.86%), Folate: 19.41µg (4.85%), Vitamin E: 0.72mg (4.78%), Magnesium: 17.3mg (4.32%)