



Rosemary Grilled Chicken Thighs and Wild Mushroom Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings coarse salt and pepper black
- ☐ 4 servings coarse salt and pepper black freshly ground
- ☐ 1 ounce porcini mushrooms dried
- ☐ 1 cup cooking wine dry red
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cloves garlic crushed
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 0.1 pound pancetta chopped
- ☐ 2 portobello mushroom caps halved thinly sliced
- ☐ 3 stems rosemary fresh chopped
- ☐ 1 large shallots chopped
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 1 cup vegetable stock

Equipment

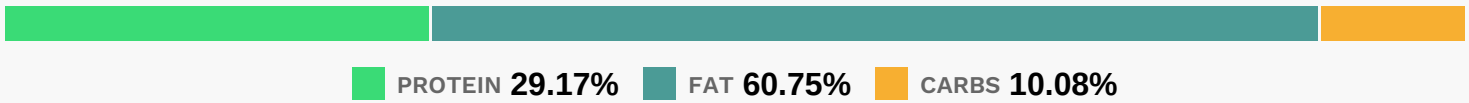
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ grill
- ☐ stove
- ☐ microwave
- ☐ grill pan
- ☐ oven mitt

Directions

- ☐ Heat a grill pan over high heat.
- ☐ Drizzle chicken thighs with oil, season with salt, pepper and rosemary. Grill chicken 5 minutes on each side and remove from heat to rest for 5 minutes.
- ☐ Place stock in a small bowl and cover.
- ☐ Heat in microwave on high for 2 minutes.
- ☐ Remove stock from microwave with oven mitt.
- ☐ Add dried porcini to the dish and replace the cover. Steep porcinis in stock 5 to 10 minutes to reconstitute mushrooms. This may also be done on the stovetop. Simmer broth, and mushrooms for 10 minutes over low heat.
- ☐ In a medium skillet, add 2 tablespoons olive oil, saute pancetta, crushed garlic and chopped shallot over medium heat for 3 minutes, to crisp pancetta at edges.

- ☐ Add sliced portobello mushrooms to the pan and season with salt and pepper.
- ☐ Saute mushrooms 10 minutes, or until dark and tender.
- ☐ Add flour and cook 1 minute.
- ☐ Add red wine to the pan and reduce by 1/2, about 1 minute.
- ☐ Add reserved stock and porcini mushrooms to the pan and simmer together 1 to 2 minutes longer to combine.
- ☐ Slice chicken thighs and fan out on a plate. Ladle thick mushroom sauce down over sliced chicken and serve.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:1.78, Inflammation Score:-6, Nutrition Score:22.433043371076%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 544.91kcal (27.25%), Fat: 33.91g (52.17%), Saturated Fat: 6.6g (41.27%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 10.88g (3.96%), Sugar: 2.22g (2.47%), Cholesterol: 170.95mg (56.98%), Sodium: 680.39mg (29.58%), Alcohol: 6.3g (100%), Alcohol %: 2.08% (100%), Protein: 36.64g (73.27%), Selenium: 53.3µg (76.14%), Vitamin B3: 13.1mg (65.49%), Vitamin B6: 0.97mg (48.45%), Vitamin B5: 4.19mg (41.92%), Phosphorus: 413.41mg (41.34%), Copper: 0.6mg (30.19%), Vitamin B2: 0.47mg (27.69%), Zinc: 3.58mg (23.88%), Vitamin E: 3.41mg (22.7%), Potassium: 741.89mg (21.2%), Vitamin B12: 1.18µg (19.67%), Vitamin B1: 0.26mg (17.34%), Vitamin K: 17.82µg (16.97%), Magnesium: 53.14mg (13.28%), Iron: 2.04mg (11.32%), Manganese: 0.22mg (10.88%), Folate: 36.55µg (9.14%), Fiber: 1.77g (7.1%), Vitamin A: 194.07IU (3.88%), Vitamin D: 0.46µg (3.06%), Calcium: 26.52mg (2.65%), Vitamin C: 1.38mg (1.67%)