



Sauté of Chicken, Leeks, and Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken thighs
- ☐ 4 cups brown rice hot cooked
- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup evaporated skim milk
- ☐ 2 small leeks trimmed
- ☐ 0.5 cup low-salt chicken broth
- ☐ 1 teaspoon butter

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 cups shiitake mushroom caps sliced (2 [

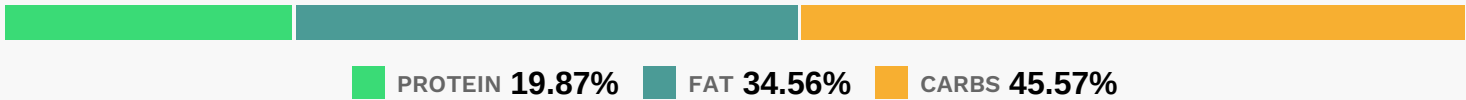
Equipment

- ☐ frying pan

Directions

- ☐ Remove roots, outer leaves, and tops from leeks. Rinse leeks under cold running water; cut into 2-inch julienne strips to measure 1 cup, and set aside.
- ☐ Sprinkle chicken with salt and pepper. Melt margarine in a nonstick skillet over medium heat.
- ☐ Add chicken; saut 4 minutes on each side or until browned.
- ☐ Add leeks; cook 3 minutes or until soft.
- ☐ Add wine and broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until chicken is done, turning chicken once.
- ☐ Remove chicken from skillet; set aside, and keep warm.
- ☐ Add mushrooms to leek mixture in skillet; cook over high heat 1 minute.
- ☐ Add milk and tarragon; reduce heat, and simmer, uncovered, 3 minutes or until sauce is thick.
- ☐ Serve chicken and sauce over brown rice.

Nutrition Facts



Properties

Glycemic Index:58.3, Glycemic Load:26.41, Inflammation Score:-8, Nutrition Score:32.031738965408%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:

0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 603.67kcal (30.18%), Fat: 22.66g (34.86%), Saturated Fat: 5.71g (35.67%), Carbohydrates: 67.21g (22.4%), Net Carbohydrates: 58.58g (21.3%), Sugar: 7.92g (8.8%), Cholesterol: 111.77mg (37.26%), Sodium: 444.85mg (19.34%), Alcohol: 3.09g (100%), Alcohol %: 0.65% (100%), Protein: 29.32g (58.63%), Manganese: 2.85mg (142.49%), Vitamin B3: 15.1mg (75.5%), Vitamin B6: 1.31mg (65.67%), Phosphorus: 581.65mg (58.16%), Vitamin B5: 4.66mg (46.57%), Selenium: 31.77µg (45.38%), Magnesium: 162.66mg (40.67%), Vitamin B2: 0.62mg (36.55%), Fiber: 8.63g (34.52%), Potassium: 1093.14mg (31.23%), Zinc: 4.65mg (30.99%), Copper: 0.53mg (26.7%), Vitamin B1: 0.34mg (22.98%), Vitamin K: 23.83µg (22.69%), Iron: 3.72mg (20.66%), Vitamin A: 949.89IU (19%), Folate: 64.2µg (16.05%), Vitamin B12: 0.79µg (13.25%), Calcium: 113.01mg (11.3%), Vitamin D: 1.11µg (7.41%), Vitamin C: 5.66mg (6.86%), Vitamin E: 0.69mg (4.59%)