



# Sauteed Chicken With Mushrooms and Cream

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**617 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2.5 pounds chicken pieces
- 2 cups mushrooms cleaned sliced
- 2 cups mushrooms cleaned sliced
- 3 tablespoons butter
- 1 tablespoon olive oil
- 4 servings salt to taste
- 4 servings pepper fresh black
- 0.5 cup wine dry white

- 0.3 cup cup heavy whipping cream

## Equipment

- frying pan
- paper towels

## Directions

- Rinse the chicken in cool water, then pat dry with clean paper towels
- Set a heavy-bottomed frying pan over moderately-high heat
- Add 2 tablespoons of butter and 1 tablespoon of olive oil to pan
- When very hot (but not smoking) place the chicken pieces skin-side down and season with salt and pepper
- Saute for 5-6 minutes, basting with the juices and fat, until underside is browned.
- Turn pieces over, season again with salt and pepper, and saute the same way for an additional 5-6 minutes, or until juices run clear.
- While the chicken is cooking, in a separate pan saute the mushrooms in 1 tablespoon butter, remove to a plate when finished browning
- When chicken is finished cooking, remove to a warm plate
- Rapidly spoon all but a tablespoon of fat out of the pan.
- Add the 1/2 cup of wine to deglaze the pan, scraping the sides and bottom to incorporate all the seasoning into the liquid. Deglaze until the alcohol has burned off
- Add cream and mushrooms to the deglazing sauce and incorporate; boil down rapidly for a minute or two, or until the sauce starts to thicken
- Add the chicken and baste with the sauce and mushrooms.
- Cover and simmer 2-3 minutes to bring chicken back up to a hot temperature
- Season again if necessary with salt and pepper

## Nutrition Facts



**PROTEIN 26.43%** **FAT 70.62%** **CARBS 2.95%**

## Properties

Glycemic Index:40.25, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:20.061304347826%

## 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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 617.24kcal (30.86%), Fat: 46.75g (71.92%), Saturated Fat: 17.66g (110.37%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.63g (2.92%), Cholesterol: 183.97mg (61.32%), Sodium: 406.65mg (17.68%), Alcohol: 3.09g (17.17%), Protein: 39.37g (78.73%), Vitamin B3: 16.62mg (83.12%), Selenium: 37.27µg (53.25%), Vitamin B6: 0.8mg (39.77%), Vitamin B2: 0.65mg (38.44%), Phosphorus: 382.65mg (38.26%), Vitamin B5: 3.26mg (32.56%), Zinc: 3.11mg (20.72%), Potassium: 708.98mg (20.26%), Copper: 0.4mg (20.11%), Vitamin A: 751.49IU (15.03%), Vitamin B1: 0.2mg (13.24%), Iron: 2.34mg (13.02%), Magnesium: 51.62mg (12.91%), Vitamin B12: 0.68µg (11.29%), Vitamin E: 1.47mg (9.82%), Folate: 29.11µg (7.28%), Manganese: 0.13mg (6.51%), Vitamin C: 5.19mg (6.29%), Vitamin K: 6.49µg (6.18%), Vitamin D: 0.82µg (5.44%), Calcium: 39.72mg (3.97%), Fiber: 0.99g (3.94%)