



Angela's Stovetop Chicken

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 4 lb meat from a rotisserie chicken whole

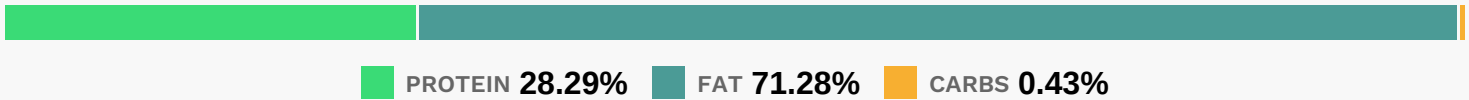
Equipment

- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ If applicable, remove neck and giblets from chicken, and reserve for another use.
- ☐ Sprinkle chicken with salt, garlic powder, and pepper.
- ☐ Melt butter with oil in a Dutch oven over medium-high heat; add chicken, and cook, breast side down, 5 minutes or until golden brown. Turn chicken, breast side up, and reduce heat to medium-low.
- ☐ Add 1/4 cup water and 1/4 cup wine to Dutch oven. Cover and cook 1 hour or until a meat thermometer inserted in thigh registers 180.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:15.35565234008%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 593.41kcal (29.67%), Fat: 45.47g (69.96%), Saturated Fat: 13.95g (87.19%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.15g (0.17%), Cholesterol: 178.34mg (59.45%), Sodium: 1070.5mg (46.54%), Alcohol: 1.54g (100%), Alcohol %: 0.79% (100%), Protein: 40.61g (81.22%), Vitamin B3: 14.83mg (74.15%), Selenium: 31.49µg (44.99%), Vitamin B6: 0.77mg (38.66%), Phosphorus: 325.41mg (32.54%), Vitamin B5: 2mg (19.99%), Zinc: 2.89mg (19.24%), Vitamin B2: 0.27mg (15.67%), Potassium: 427.98mg (12.23%), Vitamin E: 1.83mg (12.17%), Iron: 2.07mg (11.5%), Vitamin B12: 0.69µg (11.45%), Magnesium: 45.57mg (11.39%), Vitamin A: 480.43IU (9.61%), Vitamin B1: 0.13mg (8.85%), Vitamin K: 8.24µg (7.84%), Copper: 0.11mg (5.42%), Vitamin C: 3.49mg (4.23%), Manganese: 0.08mg (3.95%), Folate: 13.53µg (3.38%), Vitamin D: 0.44µg (2.9%), Calcium: 28.29mg (2.83%)