



Braised Chicken Breasts in Tasty Mirepoix Ragout

 Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 1 cup carrots diced
- ☐ 1 cup celery diced
- ☐ 64 fluid ounce chicken broth
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup cooking wine dry white
- ☐ 1 cup flour all-purpose

- ☐ 2 tablespoons garlic finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 2 cups onion diced
- ☐ 6 servings salt and pepper to taste
- ☐ 4 chicken breast halves boneless skinless

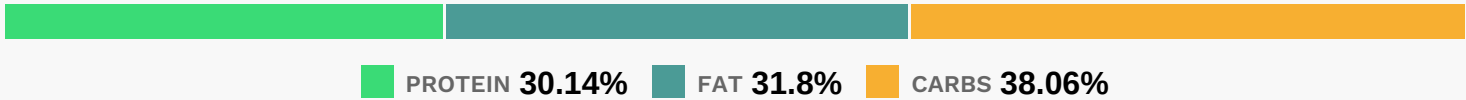
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Season chicken breasts with salt and pepper, then dredge in flour until completely coated.
- ☐ Heat 2 tablespoons oil in a Dutch oven and fry breasts until lightly browned, about 5 minutes on each side.
- ☐ Remove chicken from pan and set aside.
- ☐ Add remaining tablespoon of oil to the pan and saute the onions for 2 minutes. Stir in the celery and carrots and cook for about one more minute. Season with garlic, bay leaves, thyme and salt and pepper to taste. Cook for another minute.
- ☐ Deglaze the pot with white wine, stirring until nothing is stuck to the pan, then pour in the chicken broth. Simmer for 90 minutes.
- ☐ Return the chicken breasts to the pan and simmer for an additional 30 minutes. The mixture should reduce considerably by this time so check frequently to see that the chicken is covered. Spoon baste if necessary. The ragout should have a stew like consistency when finished.

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:13.76, Inflammation Score:-10, Nutrition Score:19.1530434567%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg

Nutrients (% of daily need)

Calories: 312.34kcal (15.62%), Fat: 9.98g (15.35%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 24.41g (8.88%), Sugar: 5.32g (5.92%), Cholesterol: 54.52mg (18.17%), Sodium: 1484.79mg (64.56%), Alcohol: 4.12g (100%), Alcohol %: 0.94% (100%), Protein: 21.28g (42.56%), Vitamin A: 3679.17IU (73.58%), Vitamin B3: 10.17mg (50.87%), Selenium: 33.21µg (47.45%), Vitamin B6: 0.73mg (36.71%), Manganese: 0.52mg (26.21%), Vitamin B2: 0.41mg (24.15%), Phosphorus: 231.96mg (23.2%), Vitamin B1: 0.33mg (21.89%), Potassium: 588.52mg (16.81%), Folate: 62.41µg (15.6%), Vitamin K: 15.45µg (14.72%), Vitamin B5: 1.39mg (13.92%), Iron: 2.1mg (11.65%), Magnesium: 42.17mg (10.54%), Vitamin E: 1.5mg (10.01%), Fiber: 2.47g (9.87%), Vitamin C: 7.57mg (9.18%), Copper: 0.15mg (7.27%), Zinc: 1.06mg (7.06%), Calcium: 57.73mg (5.77%), Vitamin B12: 0.21µg (3.56%)