



Braised Chicken with Creamy Wine Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.5 cup carrots thinly sliced
- 0.5 cup celery thinly sliced
- 1 cup chardonnay dry white
- 32 ounce chicken breast halves
- 0.5 pound skin-on chicken drumsticks
- 0.5 pound chicken thighs
- 1 teaspoon thyme leaves dried
- 3 tablespoons flour all-purpose

- 0.5 pound mushrooms fresh quartered
- 1 tablespoon parsley fresh chopped
- 10.5 ounce low-salt chicken broth canned
- 1 tablespoon butter divided
- 1 cup slivered onion
- 0.5 pound pearl onions fresh unpeeled
- 0.5 teaspoon salt
- 0.5 cup evaporated skimmed milk
- 0.1 teaspoon pepper white

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Drop pearl onions into boiling water in a Dutch oven, and cook 3 minutes.
- Drain; rinse with cold water, and peel. Set aside.
- Melt 1 tablespoon of margarine in Dutch oven over medium heat.
- Add slivered onion, carrot, and celery; saut 5 minutes.
- Place the onion mixture in a bowl; set aside.
- Add chicken pieces to Dutch oven; cook 4 minutes, turning chicken pieces once. Cover, reduce heat to medium-low; cook 10 minutes.
- Combine flour, salt, and pepper; sprinkle over both sides of chicken. Cover and cook 5 minutes. Return onion mixture to pan; add wine and next 4 ingredients, stirring gently. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until chicken is done.
- Remove chicken from pan, and arrange on a serving platter; set aside, and keep warm. Discard bay leaf.
- Bring sauce to a boil; cook 7 minutes or until the sauce is reduced to about 3 cups, stirring occasionally. Reduce heat to medium; gradually stir in milk, and cook an additional 5 minutes,

stirring occasionally.

- Remove from heat; cover and set aside.
- Melt the remaining 2 teaspoons margarine in a skillet over medium heat, and add pearl onions. Saut 4 minutes or until tender; remove from skillet.
- Add mushrooms, and saut 3 minutes. Arrange the pearl onions and the mushrooms around chicken on serving platter, and spoon the sauce over chicken and vegetables.

Nutrition Facts

PROTEIN 49.33% **FAT 35.57%** **CARBS 15.1%**

Properties

Glycemic Index:53.35, Glycemic Load:4.54, Inflammation Score:-9, Nutrition Score:27.266521754472%

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: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg

Nutrients (% of daily need)

Calories: 414.05kcal (20.7%), Fat: 15.03g (23.12%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 12.25g (4.45%), Sugar: 5.6g (6.22%), Cholesterol: 157.72mg (52.57%), Sodium: 490.99mg (21.35%), Alcohol: 4.12g (100%), Alcohol %: 1.15% (100%), Protein: 46.9g (93.79%), Vitamin B3: 21.31mg (106.54%), Selenium: 65.98µg (94.25%), Vitamin B6: 1.52mg (76.22%), Phosphorus: 525.56mg (52.56%), Vitamin A: 2096.18IU (41.92%), Vitamin B5: 3.61mg (36.07%), Potassium: 1079.1mg (30.83%), Vitamin B2: 0.49mg (28.95%), Vitamin K: 19.82µg (18.88%), Magnesium: 72.22mg (18.05%), Vitamin B1: 0.26mg (17.26%), Zinc: 2.41mg (16.09%), Vitamin B12: 0.87µg (14.48%), Copper: 0.26mg (13.22%), Manganese: 0.25mg (12.44%), Vitamin C: 9.26mg (11.22%), Iron: 1.99mg (11.08%), Folate: 40.87µg (10.22%), Fiber: 2.1g (8.43%), Calcium: 74.2mg (7.42%), Vitamin E: 0.62mg (4.11%), Vitamin D: 0.51µg (3.43%)