



Braised Chicken with Garlic and White Wine



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 pound chickens whole cut into 8 pieces
- ☐ 2 cups cooking wine dry white
- ☐ 6 tablespoons olive oil extra-virgin divided
- ☐ 6 large very thyme sprigs fresh
- ☐ 5 heads garlic whole separated unpeeled (70)

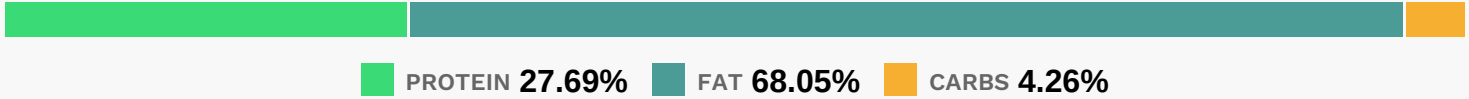
Equipment

- ☐ pot

Directions

- ☐ Trim excess fat off chicken.
- ☐ Sprinkle chicken with salt and pepper. Lightly smash garlic cloves just to flatten slightly, leaving peel attached and cloves as whole as possible.
- ☐ Heat 4 tablespoons extra-virgin olive oil in heavy large pot over medium-high heat. Working in 2 batches, add chicken and cook until brown on all sides, about 12 minutes per batch.
- ☐ Transfer chicken to plate.
- ☐ Add remaining 2 tablespoons olive oil and garlic to pot. Stir until golden brown, about 4 minutes.
- ☐ Add wine and thyme; bring to boil. Return chicken to pot. Reduce heat to medium, cover, and simmer until chicken is cooked through, moving chicken pieces from top to bottom every 5 minutes (sauce will not cover chicken), about 20 minutes. Season to taste with salt and pepper.
- ☐ Transfer chicken to platter. Spoon garlic cloves around chicken and drizzle sauce over.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:26.676956762438%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 785.98kcal (39.3%), Fat: 55.39g (85.22%), Saturated Fat: 14.25g (89.03%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.32g (2.66%), Sugar: 0.75g (0.83%), Cholesterol: 249.17mg (83.06%), Sodium: 206.17mg

(8.96%), Alcohol: 6.18g (100%), Alcohol %: 2.07% (100%), Protein: 50.71g (101.42%), Vitamin B3: 18.82mg (94.11%), Vitamin B6: 1.18mg (58.84%), Selenium: 36.15µg (51.65%), Phosphorus: 516.43mg (51.64%), Vitamin A: 2479.65IU (49.59%), Vitamin B12: 2.87µg (47.81%), Vitamin B2: 0.53mg (31.01%), Vitamin B5: 3.09mg (30.87%), Zinc: 4mg (26.65%), Iron: 4.62mg (25.66%), Manganese: 0.45mg (22.7%), Potassium: 685.32mg (19.58%), Folate: 76.79µg (19.2%), Magnesium: 66.62mg (16.66%), Vitamin C: 13.61mg (16.5%), Vitamin B1: 0.21mg (13.95%), Copper: 0.23mg (11.64%), Vitamin E: 1.53mg (10.17%), Calcium: 69.19mg (6.92%), Vitamin K: 6.86µg (6.53%), Fiber: 0.47g (1.89%)