

## Chemnitzer Coq au Vin

READY IN



75 min.

SERVINGS



2

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 handful crimini mushrooms chopped
- 1 tablespoon butter
- 4 carrots chopped
- 300 gram .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- 1 tablespoon flour
- 2 servings parsley fresh
- 2 garlic clove crushed
- 2 servings olive oil
- 1 onion diced

- 1 cup red wine
- 2 servings salt and pepper

## Equipment

- frying pan
- oven
- casserole dish

## Directions

- Pre-heat the oven to 350 degrees Fahrenheit / 180 degrees Celsius.
- Heat oil in a large skillet over medium-high heat.
- Add the chopped carrots and onion. Once the carrots and onions are nicely browned, remove them from the pan.
- Add a little more oil and add the garlic and mushrooms.
- When the mushrooms are done, add them in with the carrots and onion.
- Brown both sides of the chicken legs in the skillet.
- Remove the chicken legs and put them in a casserole dish.
- Now add the red wine to the skillet.
- Let simmer for a few minutes.
- Put the carrots, onion, and mushrooms in the casserole dish around the chicken legs.
- Pour in the red wine.
- Bake in the oven for about an hour.
- When the chicken is almost done, mix the butter and flour to make a paste. 1
- Take the casserole dish out of the oven and put the chicken on the serving plates.
- Mix the butter and flour paste into the sauce (which is still in the casserole dish) bit-by-bit to thicken it. 1
- Spoon the saucy mushrooms and carrots onto the serving plates. Bon appetit!

## Nutrition Facts



■ PROTEIN 14.21% ■ FAT 65.03% ■ CARBS 20.76%

## Properties

Glycemic Index:137.92, Glycemic Load:7.87, Inflammation Score:-10, Nutrition Score:23.002608996371%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 8.79mg, Apigenin: 8.79mg, Apigenin: 8.79mg, Apigenin: 8.79mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

## Nutrients (% of daily need)

Calories: 550.61kcal (27.53%), Fat: 33.75g (51.92%), Saturated Fat: 9.34g (58.37%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 19.59g (7.12%), Sugar: 8.95g (9.94%), Cholesterol: 94.57mg (31.52%), Sodium: 404.93mg (17.61%), Alcohol: 12.72g (100%), Alcohol %: 3.88% (100%), Protein: 16.59g (33.18%), Vitamin A: 20975.64IU (419.51%), Vitamin K: 93.35µg (88.91%), Vitamin B6: 0.62mg (30.89%), Vitamin B3: 5.9mg (29.48%), Selenium: 17.93µg (25.61%), Manganese: 0.5mg (25.04%), Potassium: 838.97mg (23.97%), Phosphorus: 232.01mg (23.2%), Vitamin E: 3.22mg (21.45%), Vitamin C: 17.69mg (21.45%), Fiber: 4.65g (18.6%), Vitamin B2: 0.27mg (16.11%), Vitamin B1: 0.21mg (14.26%), Magnesium: 54.55mg (13.64%), Vitamin B5: 1.35mg (13.52%), Folate: 51.62µg (12.9%), Zinc: 1.93mg (12.85%), Iron: 2.18mg (12.11%), Calcium: 83.75mg (8.37%), Vitamin B12: 0.49µg (8.19%), Copper: 0.16mg (7.94%)