



Chianti-Braised Stuffed Chicken Thighs on Egg Noodles

READY IN



45 min.

SERVINGS



8

CALORIES



660 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 0.5 cup breadcrumbs from day-old bread fresh french crustless
- 750 ml chianti dry red
- 1 teaspoon basil dried
- 1 large eggs
- 1 pound extra wide egg noodles
- 2 tablespoons parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped

- 6 garlic cloves minced
- 0.3 teaspoon ground pepper black
- 4 ounces sausage sweet italian crumbled (1 link)
- 3 cups low-salt chicken broth canned
- 2 tablespoons olive oil
- 0.8 cup onion finely chopped
- 0.3 cup pancetta chopped
- 1.5 ounces parmesan cheese freshly grated
- 0.5 teaspoon salt
- 1 large shallots minced
- 8 large chicken thighs boneless skinless ()
- 2 cups tomatoes in purée canned crushed

Equipment

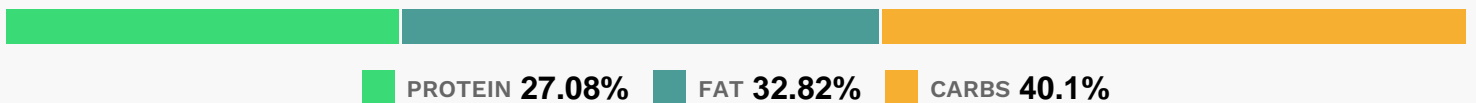
- bowl
- frying pan
- paper towels
- pot
- kitchen twine

Directions

- Mix first 9 ingredients in medium bowl.
- Place 1 chicken thigh on work surface. Fill area where bone was removed with 2 tablespoons stuffing. Wrap chicken thigh around filling and tie with kitchen string to hold together. Repeat with remaining chicken thighs and stuffing.
- Sprinkle generously with salt and pepper.
- Heat olive oil in heavy large skillet over medium-high heat.
- Add pancetta; sauté until light brown and fat is rendered, about 5 minutes.
- Transfer pancetta to paper towels to drain.

- Add chicken to drippings in skillet; cook until golden on all sides, about 10 minutes.
- Transfer to plate.
- Add onion and garlic to skillet; sauté until tender, about 10 minutes. Return pancetta to skillet.
- Add wine; boil until mixture is reduced to 2 cups, about 12 minutes.
- Add broth, tomatoes, bay leaf, basil, and chicken thighs; bring to boil. Reduce heat; simmer uncovered until chicken is cooked through, about 35 minutes. (Can be made 1 day ahead. Cool slightly. Chill until cold, then cover and keep chilled. Rewarm over medium heat before continuing.)
- Transfer chicken to bowl; cover to keep warm. Simmer sauce in skillet until slightly thickened and reduced to 4 cups, about 10 minutes. Season with salt and pepper.
- Meanwhile, cook noodles in large pot of boiling salted water until just tender but still firm to bite.
- Drain.
- Transfer noodles to large platter. Top with chicken and sauce and serve.

Nutrition Facts



Properties

Glycemic Index:45.58, Glycemic Load:22.68, Inflammation Score:-8, Nutrition Score:26.853478359139%

Flavonoids

Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 660.25kcal (33.01%), Fat: 21.54g (33.14%), Saturated Fat: 6.22g (38.86%), Carbohydrates: 59.23g (19.74%), Net Carbohydrates: 55.05g (20.02%), Sugar: 5.63g (6.26%), Cholesterol: 198.5mg (66.17%), Sodium:

690.77mg (30.03%), Alcohol: 9.99g (100%), Alcohol %: 2.6% (100%), Protein: 40g (79.99%), Selenium: 84.06µg (120.09%), Vitamin B3: 11.12mg (55.58%), Phosphorus: 501.02mg (50.1%), Manganese: 0.9mg (45.15%), Vitamin B6: 0.88mg (43.99%), Vitamin B1: 0.42mg (28.24%), Vitamin K: 28.48µg (27.12%), Zinc: 3.96mg (26.39%), Vitamin B2: 0.44mg (25.6%), Vitamin B5: 2.44mg (24.38%), Iron: 4.22mg (23.43%), Potassium: 812.52mg (23.21%), Copper: 0.45mg (22.68%), Magnesium: 88.44mg (22.11%), Vitamin B12: 1.27µg (21.16%), Fiber: 4.18g (16.73%), Calcium: 141.41mg (14.14%), Folate: 51.93µg (12.98%), Vitamin E: 1.85mg (12.36%), Vitamin C: 10.08mg (12.22%), Vitamin A: 385.78IU (7.72%), Vitamin D: 0.35µg (2.34%)