



Chicken and Leeks Braised in Wine

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black divided freshly ground
- 2 pounds chicken thighs
- 1 stick cinnamon (3-inch)
- 1 tablespoon parsley fresh chopped
- 2 garlic cloves peeled
- 1 teaspoon ground coriander
- 2.3 pounds leeks

- 1 orange rind strip ()
- 1 tablespoon oregano fresh chopped
- 2 oregano sprigs fresh
- 2 cups mirin sweet
- 0.8 teaspoon salt divided
- 1 teaspoon sugar
- 3 cups tomatoes diced peeled seeded

Equipment

- frying pan

Directions

- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Add the chicken to pan; saut 4 minutes on each side.
- Remove from pan.
- Add leeks to pan; saut 4 minutes or until browned, turning once.
- Remove from pan.
- Add coriander and cinnamon; cook 30 seconds.
- Add wine and next 5 ingredients (wine through rind), and bring to a boil. Cover, reduce heat, and simmer 3 minutes.
- Add leeks. Cover and cook for 5 minutes.
- Add chicken. Cover and cook 8 minutes.
- Add tomato; bring to a boil. Uncover and cook 10 minutes, stirring often.
- Remove cinnamon, bay leaves, and rind.
- Stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, and chopped oregano.
- Sprinkle each serving with parsley.

Nutrition Facts



■ PROTEIN 23.42% ■ FAT 48.1% ■ CARBS 28.48%

Properties

Glycemic Index:56.52, Glycemic Load:11.51, Inflammation Score:-10, Nutrition Score:46.060434828634%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 6.86mg, Kaempferol: 6.86mg, Kaempferol: 6.86mg, Kaempferol: 6.86mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 799.75kcal (39.99%), Fat: 38.88g (59.82%), Saturated Fat: 10.33g (64.58%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 43.54g (15.83%), Sugar: 16.5g (18.33%), Cholesterol: 222.26mg (74.09%), Sodium: 926.77mg (40.29%), Alcohol: 12.36g (100%), Alcohol %: 1.98% (100%), Protein: 42.6g (85.2%), Vitamin K: 158.37µg (150.83%), Vitamin A: 4774.56IU (95.49%), Manganese: 1.86mg (92.8%), Vitamin B6: 1.68mg (83.91%), Vitamin B3: 13.12mg (65.61%), Selenium: 45.76µg (65.38%), Vitamin C: 53.44mg (64.77%), Iron: 9.91mg (55.04%), Phosphorus: 512.59mg (51.26%), Folate: 192.49µg (48.12%), Potassium: 1401.56mg (40.04%), Magnesium: 155.27mg (38.82%), Fiber: 8.27g (33.08%), Vitamin B2: 0.51mg (30.01%), Vitamin B5: 2.98mg (29.78%), Vitamin E: 4.41mg (29.38%), Copper: 0.58mg (29.12%), Calcium: 286.27mg (28.63%), Vitamin B1: 0.42mg (28.01%), Zinc: 3.67mg (24.44%), Vitamin B12: 1.45µg (24.19%), Vitamin D: 0.23µg (1.51%)