



## Chicken Baked In Wine

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cups cooking wine dry red
- ☐ 1 cup flour all-purpose
- ☐ 1 small onion separated sliced
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 3.5 pound meat from a rotisserie chicken whole

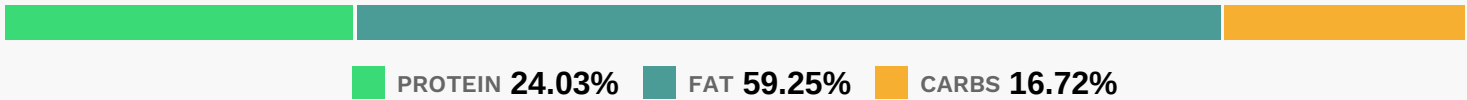
## Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Sprinkle chicken with salt and pepper; coat with flour.
- ☐ Pour oil into a large ovenproof skillet; place over medium heat until hot.
- ☐ Add chicken, and cook until lightly browned, turning once.
- ☐ Remove chicken; wipe drippings from skillet. Return chicken to skillet; add wine. Arrange onion rings over chicken.
- ☐ Bake, uncovered, at 450 for 30 minutes or until done, basting occasionally.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:17.62, Inflammation Score:-6, Nutrition Score:18.685652224914%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 700.75kcal (35.04%), Fat: 42.64g (65.6%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 25.92g (9.43%), Sugar: 0.83g (0.92%), Cholesterol: 142.88mg (47.63%), Sodium: 425.38mg (18.49%), Alcohol: 6.3g (100%), Alcohol %: 2.55% (100%), Protein: 38.9g (77.81%), Vitamin B3: 14.82mg (74.11%), Selenium: 38.12µg (54.45%), Vitamin B6: 0.7mg (35.09%), Phosphorus: 318.97mg (31.9%), Vitamin K: 28.18µg (26.84%), Vitamin B1: 0.37mg (24.52%), Vitamin B2: 0.39mg (22.81%), Vitamin B5: 1.89mg (18.93%), Zinc: 2.75mg (18.3%), Folate: 71.95µg (17.99%), Iron: 3.21mg (17.85%), Manganese: 0.28mg (14.03%), Potassium: 419.94mg

(12%), Magnesium: 46.84mg (11.71%), Vitamin E: 1.71mg (11.39%), Vitamin B12: 0.59µg (9.84%), Copper: 0.14mg (7.22%), Vitamin A: 267.4IU (5.35%), Vitamin C: 4.34mg (5.26%), Fiber: 1.16g (4.63%), Calcium: 30.13mg (3.01%), Vitamin D: 0.38µg (2.54%)