



Chicken Braised in Wine and Rosemary

 Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings asparagus with lemon and pecorino
- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1.3 pounds chicken thighs bone-in
- ☐ 14.5 ounce canned tomatoes unsalted whole crushed undrained canned
- ☐ 1 cup chianti
- ☐ 1 pound skin-on chicken drumsticks bone-in
- ☐ 1 cup chicken stock see unsalted (such as Swanson)

- ☐ 4 servings chive –potatoes mashed quick
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 cup shallots chopped
- ☐ 1 teaspoon sugar

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Make 1 (1/2-inch-deep) cut in each chicken piece; sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat a large Dutch oven over high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Place flour in a shallow dish. Dredge chicken in flour.
- ☐ Add chicken to pan; cook 5 minutes on each side.
- ☐ Remove chicken from pan.
- ☐ Add shallots, garlic, and rosemary to pan; cook 2 minutes or until tender, stirring frequently.
- ☐ Add wine to pan; bring to a boil. Cook 1 minute, scraping pan to loosen browned bits.
- ☐ Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, chicken stock, sugar, tomatoes, and bay leaf. Bring to a boil; return chicken to pan. Reduce heat to medium; cook, partially covered, 15 minutes or until chicken is done, turning once.
- ☐ Sprinkle with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:99.77, Glycemic Load:8.81, Inflammation Score:-7, Nutrition Score:25.272173902263%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 610.55kcal (30.53%), Fat: 35.23g (54.21%), Saturated Fat: 8.48g (53.03%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 21.2g (7.71%), Sugar: 9.26g (10.29%), Cholesterol: 189.77mg (63.26%), Sodium: 691.75mg (30.08%), Alcohol: 6.36g (100%), Alcohol %: 1.71% (100%), Protein: 37.99g (75.97%), Selenium: 42.67µg (60.95%), Vitamin B3: 12.19mg (60.94%), Vitamin B6: 1.03mg (51.3%), Vitamin K: 50.5µg (48.09%), Phosphorus: 411.32mg (41.13%), Potassium: 991.72mg (28.33%), Vitamin B2: 0.46mg (27.12%), Manganese: 0.52mg (25.8%), Vitamin B5: 2.46mg (24.63%), Zinc: 3.64mg (24.29%), Vitamin B1: 0.34mg (22.6%), Iron: 4.02mg (22.31%), Vitamin B12: 1.19µg (19.82%), Magnesium: 78.72mg (19.68%), Copper: 0.39mg (19.42%), Vitamin C: 15.88mg (19.25%), Vitamin E: 2.76mg (18.38%), Fiber: 3.34g (13.35%), Folate: 51.99µg (13%), Vitamin A: 577.45IU (11.55%), Calcium: 80.09mg (8.01%), Vitamin D: 0.2µg (1.31%)