



Chicken Fricassée with Figs and Port Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1002 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves divided
- ☐ 4 tablespoons butter divided ()
- ☐ 0.8 cup celery stalks chopped
- ☐ 3.5 pound chicken with wings attached cut into 2 legs, 2 thighs, and 2 breasts
- ☐ 12 figs black ripe
- ☐ 3 garlic clove chopped
- ☐ 2 teaspoons ground coriander
- ☐ 2 cups chicken broth ()

- ☐ 3 plum tomatoes seeded chopped
- ☐ 1.3 cups port wine
- ☐ 12 ounces serrano ham
- ☐ 1 cup shallots chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ toothpicks

Directions

- ☐ Place figs, Port, and 1 bay leaf in medium bowl. Cover and let figs marinate at room temperature overnight.
- ☐ Sprinkle chicken with salt and pepper. Wrap 3 pieces ham around each piece of chicken, securing with metal lacing pins or toothpicks. Melt 3 tablespoons butter in large pot.
- ☐ Add chicken and cook until browned on all sides, about 6 minutes total.
- ☐ Transfer to plate.
- ☐ Add shallots and garlic to pot. Sauté until beginning to brown, about 3 minutes.
- ☐ Add 2 bay leaves, tomatoes, celery, and coriander; sauté 5 minutes.
- ☐ Add 1/4 cup Port from fig marinade. Return chicken to pot.
- ☐ Add 2 cups chicken broth. Cover and simmer until chicken is cooked through, adding more broth if too dry and turning chicken occasionally, about 35 minutes.
- ☐ Meanwhile, transfer remaining Port from fig marinade to small saucepan. Boil until slightly thickened, about 5 minutes.
- ☐ Remove from heat and add figs; cover and set aside.
- ☐ Transfer chicken to platter. Boil sauce until reduced slightly, about 4 minutes. Stir in remaining 1 tablespoon butter.
- ☐ Pour sauce over chicken.
- ☐ Serve with figs in Port sauce.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:18.1, Inflammation Score:-9, Nutrition Score:25.882608911265%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 4.97mg, Petunidin: 4.97mg, Petunidin: 4.97mg, Petunidin: 4.97mg Delphinidin: 2.92mg, Delphinidin: 2.92mg, Delphinidin: 2.92mg, Delphinidin: 2.92mg Malvidin: 71.12mg, Malvidin: 71.12mg, Malvidin: 71.12mg, Malvidin: 71.12mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.95mg, Peonidin: 2.95mg, Peonidin: 2.95mg, Peonidin: 2.95mg Catechin: 9.78mg, Catechin: 9.78mg, Catechin: 9.78mg, Catechin: 9.78mg Epicatechin: 6.42mg, Epicatechin: 6.42mg, Epicatechin: 6.42mg, Epicatechin: 6.42mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg

Nutrients (% of daily need)

Calories: 1002.03kcal (50.1%), Fat: 50.68g (77.97%), Saturated Fat: 17.28g (108.02%), Carbohydrates: 54.16g (18.05%), Net Carbohydrates: 46.57g (16.93%), Sugar: 36.6g (40.67%), Cholesterol: 218.57mg (72.86%), Sodium: 1962.7mg (85.33%), Alcohol: 11.48g (100%), Alcohol %: 1.91% (100%), Protein: 68.7g (137.39%), Vitamin B3: 15.83mg (79.16%), Vitamin B6: 1.13mg (56.65%), Selenium: 29.62µg (42.31%), Phosphorus: 405.37mg (40.54%), Potassium: 1260.98mg (36.03%), Manganese: 0.63mg (31.27%), Fiber: 7.59g (30.36%), Iron: 4.83mg (26.82%), Vitamin A: 1309.15IU (26.18%), Vitamin B5: 2.5mg (24.96%), Magnesium: 95.38mg (23.85%), Vitamin B2: 0.39mg (23.2%), Vitamin C: 18.68mg (22.65%), Zinc: 3.32mg (22.13%), Copper: 0.39mg (19.66%), Vitamin K: 20.62µg (19.64%), Vitamin B1: 0.28mg (18.8%), Folate: 54.96µg (13.74%), Calcium: 133.43mg (13.34%), Vitamin B12: 0.73µg (12.21%), Vitamin E: 1.39mg (9.26%), Vitamin D: 0.38µg (2.54%)