



Chicken Gabriella



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup wine dry white such as pinot grigio
- ☐ 5 sage fresh finely chopped
- ☐ 1 optional: lemon
- ☐ 1.4 cup olive oil extra virgin extra-virgin
- ☐ 2 onion chopped
- ☐ 0.3 cup rosemary fresh finely chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1.5 pound chicken whole with bone, thighs, and wings left (ask your butcher to do this for you or use kitchen shears) cut into small (3-inch) pieces,

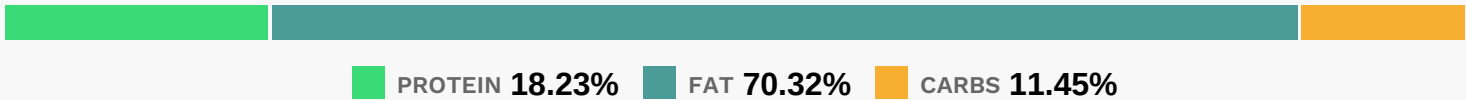
Equipment

☐ frying pan

Directions

- ☐ Put the chicken pieces in a 12-inch skillet (preferably nonstick)with a lid, along with the chopped onions, rosemary, and sage. Stir well to coat the chicken with the onion and herbs.
- ☐ Add enough olive oil to coat all of the chicken pieces, but not so much that it pools in the skillet.
- ☐ Sprinkle with 3/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Set the skillet over medium heat. Cook until the onions are very soft and the chicken and onions have turned golden brown, about 20 minutes. If the onion begins to brown too fast, turn down the heat.
- ☐ Add the wine and bring to a boil. Reduce the heat, cover the pan, and simmer gently until the chicken is tender, about 20 minutes. Squeeze the lemon over, taste for salt and pepper, and serve.
- ☐ Reprinted with permission from Delicious Memories by Anna Boiardi and Stephanie Lyness, copy; 2011 Stewart, Tabori & Chang

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:2.04, Inflammation Score:-7, Nutrition Score:10.634347889734%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.5mg,

Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg

Nutrients (% of daily need)

Calories: 393.27kcal (19.66%), Fat: 27.78g (42.74%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 7.85g (2.85%), Sugar: 3.58g (3.98%), Cholesterol: 61.24mg (20.41%), Sodium: 257.74mg (11.21%), Alcohol: 6.18g (100%), Alcohol %: 2.6% (100%), Protein: 16.21g (32.41%), Vitamin B3: 5.72mg (28.62%), Vitamin C: 20.6mg (24.97%), Vitamin B6: 0.43mg (21.47%), Selenium: 12.27µg (17.53%), Vitamin E: 2.47mg (16.49%), Phosphorus: 152.16mg (15.22%), Copper: 0.24mg (11.76%), Vitamin K: 10.79µg (10.27%), Manganese: 0.2mg (9.92%), Iron: 1.71mg (9.47%), Potassium: 329.2mg (9.41%), Fiber: 2.33g (9.33%), Vitamin B5: 0.89mg (8.89%), Zinc: 1.3mg (8.67%), Magnesium: 33.38mg (8.35%), Vitamin B2: 0.13mg (7.87%), Vitamin B1: 0.1mg (6.4%), Folate: 23.52µg (5.88%), Calcium: 53.85mg (5.39%), Vitamin B12: 0.25µg (4.22%), Vitamin A: 168.27IU (3.37%), Vitamin D: 0.16µg (1.09%)