



Chicken in Dill Mustard Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup shallots chopped (2 large)
- ☐ 3 tablespoons vegetable oil

- ☐ 4 chicken legs whole (2 lb total)
- ☐ 2 teaspoons whole-grain coarse-grain

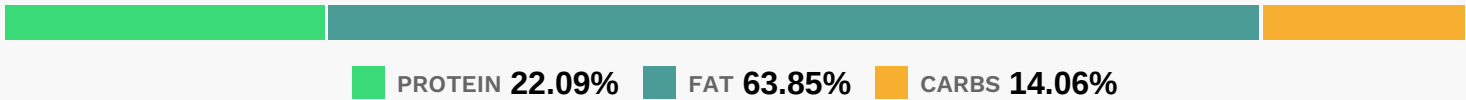
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wax paper

Directions

- ☐ Whisk together flour, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a pie plate or shallow bowl. Pat chicken dry, then dredge legs, 1 at a time, in flour, shaking off excess.
- ☐ Transfer to a sheet of wax paper, arranging chicken in 1 layer.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken, skin sides down first, turning over once, 6 to 8 minutes total.
- ☐ Transfer chicken to a plate, then pour off all but 1 tablespoon fat from skillet.
- ☐ Add shallots to skillet and sauté, stirring occasionally, until golden brown, 2 to 3 minutes.
- ☐ Add wine and deglaze skillet by boiling, stirring and scraping up brown bits.
- ☐ Add broth, mustard, and remaining 1/4 teaspoon salt and pepper. Bring to a simmer, then return chicken to skillet, skin sides up, along with any juices from plate, and cook over moderate heat, covered, until chicken is cooked through, about 25 minutes.
- ☐ Transfer chicken to a platter and boil sauce until reduced to about 1 cup and slightly thickened, 3 to 5 minutes.
- ☐ Remove from heat and stir in dill, then pour sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:6.29, Inflammation Score:-6, Nutrition Score:14.252173833225%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 462.15kcal (23.11%), Fat: 31.26g (48.1%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 13.73g (4.99%), Sugar: 3.88g (4.31%), Cholesterol: 119.8mg (39.93%), Sodium: 425.42mg (18.5%), Alcohol: 3.09g (100%), Alcohol %: 1.38% (100%), Protein: 24.33g (48.66%), Selenium: 26.41µg (37.73%), Vitamin B3: 7.54mg (37.68%), Vitamin B6: 0.59mg (29.66%), Phosphorus: 260.16mg (26.02%), Vitamin K: 22.63µg (21.55%), Manganese: 0.31mg (15.41%), Vitamin B2: 0.26mg (15.32%), Zinc: 2.25mg (15.01%), Vitamin B5: 1.47mg (14.72%), Potassium: 515.13mg (14.72%), Vitamin B12: 0.78µg (13.01%), Vitamin B1: 0.19mg (12.36%), Iron: 2.21mg (12.28%), Magnesium: 41.15mg (10.29%), Folate: 39.28µg (9.82%), Copper: 0.16mg (7.95%), Vitamin C: 6.3mg (7.64%), Vitamin E: 1.14mg (7.62%), Fiber: 1.76g (7.02%), Vitamin A: 348.37IU (6.97%), Calcium: 41.64mg (4.16%)