



food
network

Chicken in Milk

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 115 grams stick butter
- ☐ 3 pound meat from a rotisserie chicken organic
- ☐ 0.5 cinnamon sticks
- ☐ 1 handful sage fresh leaves picked good
- ☐ 6 garlic cloves
- ☐ 2 lemon zest
- ☐ 565 milliliters milk
- ☐ 4 servings salt and pepper black freshly ground

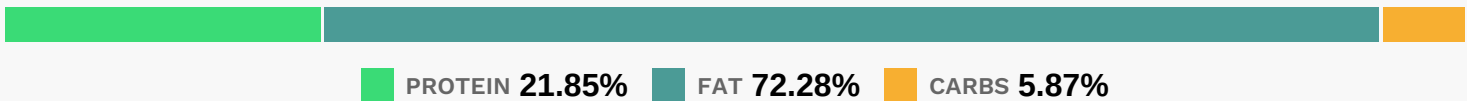
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C/gas 5), and find a snug-fitting pot for the chicken. Season it generously all over with salt and pepper, and fry it in the butter, turning the chicken to get an even color all over, until golden.
- ☐ Remove from the heat, put the chicken on a plate, and throw away the butter left in the pot. This will leave you with tasty sticky goodness at the bottom of the pan, which will give you a lovely caramel flavor later on.
- ☐ Put your chicken back in the pot with the rest of the ingredients, and cook in the preheated oven for 1 1/2 hours. Baste with the cooking juice when you remember. The lemon zest will sort of split the milk, making a sauce, which is absolutely fantastic.
- ☐ To serve, pull the meat off the bones and divide it on to your plates. Spoon over plenty of juice and the little curds.
- ☐ Serve with wilted spinach or greens and some mashed potato.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:3.03, Inflammation Score:-7, Nutrition Score:22.859130538028%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 657.76kcal (32.89%), Fat: 52.74g (81.14%), Saturated Fat: 24.6g (153.78%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 8.79g (3.19%), Sugar: 7.2g (8%), Cholesterol: 201.76mg (67.25%), Sodium: 355.66mg (15.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.86g (71.72%), Copper: 7.79mg (389.32%), Vitamin B3: 11.32mg (56.61%), Phosphorus: 402.69mg (40.27%), Selenium: 27.25µg (38.93%), Vitamin B6: 0.72mg (36.16%), Vitamin B2: 0.42mg (24.56%), Calcium: 237.66mg (23.77%), Vitamin A: 1186.81IU (23.74%), Manganese: 0.45mg (22.68%), Vitamin B12: 1.34µg (22.36%), Vitamin B5: 2.1mg (21%), Zinc: 2.88mg (19.19%), Potassium: 570.91mg (16.31%), Magnesium: 57.04mg (14.26%), Vitamin B1: 0.2mg (13.3%), Vitamin D: 1.93µg (12.86%), Iron: 1.91mg (10.59%), Vitamin C: 7.9mg (9.58%), Vitamin E: 1.25mg (8.35%), Vitamin K: 5.28µg (5.02%), Fiber: 0.85g (3.41%), Folate: 11.23µg (2.81%)