



Chicken in Red Wine Sauce with Root Vegetables and Wilted Greens

READY IN



45 min.

SERVINGS



4

CALORIES



825 kcal

SAUCE

Ingredients

- 1 tablespoon all purpose flour
- 12 baby carrots peeled
- 2 teaspoons peppercorns whole black
- 4 chicken breast halves boneless with skin
- 2 tablespoons butter ()
- 1 cup beef broth canned
- 4 chicken thighs with skin and bone
- 2 cups cooking wine dry red

- 3 garlic cloves minced
- 4 servings wilted greens
- 1.3 cups low-salt chicken broth canned
- 6 tablespoons olive oil
- 1.3 cups onions chopped
- 8 ounces parsnips peeled cut into 3x1/2x1/2-inch sticks
- 6 large thyme sprigs fresh

Equipment

- bowl
- frying pan
- paper towels
- pot
- tongs

Directions

- Combine 3 tablespoons oil and next 7 ingredients in large bowl. Cover; refrigerate overnight, stirring occasionally. Using tongs, remove chicken from marinade.
- Place chicken on paper towels and pat dry; sprinkle with salt. Reserve marinade.
- Heat remaining 3 tablespoons oil in heavy large pot over medium-high heat.
- Add chicken breasts, skin side down, and cook until brown, about 3 minutes per side; transfer to plate.
- Add thighs to same pot, skin side down; cook until first side is brown, about 3 minutes.
- Sprinkle with flour. Turn over and cook until second side is brown, about 3 minutes.
- Add reserved marinade, 1 cup chicken stock and beef stock; bring to boil. Reduce heat to medium-low, cover and simmer until chicken thighs are almost tender, about 20 minutes.
- Add chicken breasts. Cover and simmer until all chicken is tender and cooked through, about 12 minutes.
- Transfer chicken to large skillet. Boil sauce in pot until thick enough to coat spoon, about 15 minutes. Season sauce with salt and pepper; strain sauce over chicken. (Can be made 1 day

ahead. Cool chicken slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm over low heat before serving.)

- Melt butter in heavy medium skillet over medium-high heat.
- Add carrots and parsnips and sauté 3 minutes, tossing to coat with butter.
- Add remaining 1/3 cup chicken stock; bring to boil. Reduce heat to medium-low, cover and simmer until vegetables are just tender, about 10 minutes. Uncover; simmer until juices thicken to glaze, about 3 minutes.
- Mound Wilted Greens in center of 4 plates. Top each with 1 chicken thigh, 1 chicken breast and red wine sauce, then carrots and parsnips, and serve.

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:6.48, Inflammation Score:-10, Nutrition Score:35.139565208684%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg

Nutrients (% of daily need)

Calories: 825.15kcal (41.26%), Fat: 49.39g (75.99%), Saturated Fat: 12.51g (78.17%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 21.59g (7.85%), Sugar: 6.42g (7.13%), Cholesterol: 198.11mg (66.04%), Sodium: 552.78mg (24.03%), Alcohol: 12.6g (100%), Alcohol %: 2.29% (100%), Protein: 47.31g (94.63%), Vitamin A: 4972.87IU (99.46%), Vitamin B3: 19.6mg (98.01%), Selenium: 60.54µg (86.49%), Vitamin B6: 1.46mg (73.15%), Phosphorus: 538.21mg (53.82%), Manganese: 0.88mg (44.2%), Potassium: 1226.62mg (35.05%), Vitamin B5: 3.41mg (34.07%), Vitamin C: 27.86mg (33.77%), Vitamin K: 35.15µg (33.48%), Vitamin E: 4.52mg (30.13%), Vitamin B2: 0.4mg (23.3%), Magnesium: 88.96mg (22.24%), Fiber: 5.36g (21.45%), Folate: 84.26µg (21.06%), Zinc: 2.8mg (18.67%), Vitamin B1: 0.27mg (18.32%), Vitamin B12: 1.08µg (18.03%), Iron: 3.12mg (17.34%), Copper: 0.31mg (15.64%), Calcium: 90.21mg (9.02%), Vitamin D: 0.23µg (1.51%)