



Chicken in Riesling

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium carrots halved
- ☐ 3.5 pound meat from a rotisserie chicken whole french cut chicken style (see cooks' note, below)
- ☐ 1 cup cooking wine dry white (preferably Alsatian Riesling)
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 0.5 cup heavy cream
- ☐ 2 cups leeks white green finely chopped (and pale parts only)
- ☐ 4 servings juice of lemon fresh to taste
- ☐ 1.5 pound potatoes red (2-inch)

- ☐ 2 tablespoons shallots finely chopped
- ☐ 3 tablespoons butter unsalted divided
- ☐ 1 tablespoon vegetable oil

Equipment

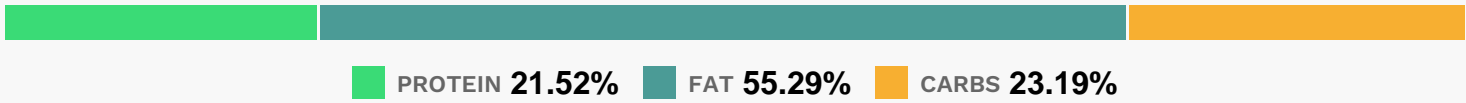
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ colander

Directions

- ☐ Preheat oven to 350F with rack in middle.
- ☐ Pat chicken dry and sprinkle with 1 teaspoon salt and a rounded 3/4 teaspoon pepper.
- ☐ Heat oil with 1 tablespoon butter in a wide 3 1/2- to 5-quart heavy ovenproof pot over medium-high heat until foam subsides, then brown chicken in 2 batches, turning once, about 10 minutes total per batch.
- ☐ Transfer to a plate.
- ☐ Meanwhile, wash leeks and pat dry.
- ☐ Pour off fat from pot, then cook leeks, shallot, and 1/4 teaspoon salt in remaining 2 tablespoons butter, covered, over medium-low heat, stirring occasionally, until leeks are pale golden, 5 to 7 minutes.
- ☐ Add chicken, skin sides up, with any juices from plate, carrots, and wine and boil until liquid is reduced by half, 3 to 4 minutes. Cover pot and braise chicken in oven until cooked through, 20 to 25 minutes.
- ☐ While chicken braises, peel potatoes, then generously cover with cold water in a 2- to 3-quart saucepan and add 1 1/2 teaspoons salt. Bring to a boil, then simmer until potatoes are just tender, about 15 minutes.
- ☐ Drain in a colander, then return to saucepan.
- ☐ Add parsley and shake to coat.
- ☐ Stir crème fraîche into chicken mixture and season with salt, pepper, and lemon juice, then add potatoes.

A chicken cut French style yields 2 breast halves with wings attached, halved crosswise for a total of 4 breast pieces, 2 drumsticks, and 2 thighs. If you don't want to cut up a whole chicken, you can use 3 pounds chicken parts.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:33.817391302275%

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: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 799.9kcal (40%), Fat: 46.76g (71.94%), Saturated Fat: 17.13g (107.08%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 38.44g (13.98%), Sugar: 9.17g (10.19%), Cholesterol: 182.42mg (60.81%), Sodium: 229.9mg (10%), Alcohol: 6.18g (100%), Alcohol %: 1.33% (100%), Protein: 40.95g (81.91%), Vitamin A: 11822.18IU (236.44%), Vitamin B3: 15.83mg (79.17%), Vitamin K: 77.26µg (73.58%), Vitamin B6: 1.21mg (60.59%), Phosphorus: 461.26mg (46.13%), Potassium: 1533.59mg (43.82%), Vitamin C: 35.74mg (43.32%), Selenium: 30.1µg (42.99%), Manganese: 0.67mg (33.53%), Magnesium: 107.34mg (26.83%), Vitamin B5: 2.61mg (26.14%), Iron: 4.45mg (24.75%), Vitamin B2: 0.4mg (23.3%), Zinc: 3.48mg (23.21%), Folate: 92.5µg (23.12%), Fiber: 5.67g (22.69%), Vitamin B1: 0.34mg (22.44%), Copper: 0.42mg (20.96%), Vitamin E: 2.07mg (13.81%), Calcium: 126.82mg (12.68%), Vitamin B12: 0.67µg (11.15%), Vitamin D: 0.54µg (3.59%)