



Chicken in Riesling with Prunes and Cabbage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 carrots peeled cut into 2-inch lengths
- ☐ 4 celery stalks cut into 2-inch lengths
- ☐ 4 pound chicken dry organic rinsed (preferably)
- ☐ 0.5 small cabbage green with some core on each cut into 4 wedges
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup chicken broth
- ☐ 0.8 cup olive oil extra virgin extra-virgin divided
- ☐ 6 parsley fresh italian

- ☐ 16 prune- cut to pieces pitted
- ☐ 0.5 cup mirin
- ☐ 3 rosemary leaves fresh
- ☐ 6 thyme sprigs fresh
- ☐ 3 heads garlic clove whole separated unpeeled
- ☐ 16 small frangelico boiling trimmed peeled
- ☐ 16 small frangelico boiling trimmed peeled

Equipment

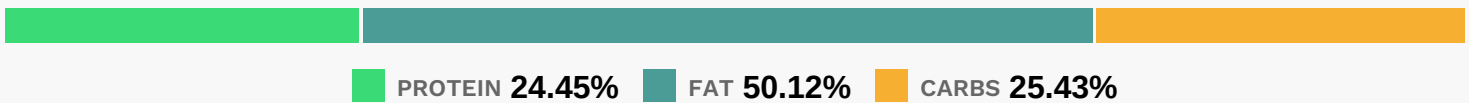
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 450°F.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add cipolline, carrots, celery, and garlic.
- ☐ Sprinkle with salt and pepper. Sauté until vegetables are lightly browned, about 8 minutes.
- ☐ Transfer to heavy large pot; push vegetables to sides.
- ☐ Heat 2 tablespoons oil in same skillet over medium-high heat.
- ☐ Sprinkle chicken generously with salt and pepper.
- ☐ Add to skillet and brown on all sides, turning often with wooden spoons, about 10 minutes.
- ☐ Place chicken, breast side up, in center of vegetable mixture in pot. Arrange fresh herbs, lemon peel, and prunes around chicken. Tuck cabbage wedges around chicken.
- ☐ Pour off fat from skillet.

- ☐ Add broth and wine to skillet and bring to boil, scraping up browned bits; pour over and around chicken.
- ☐ Drizzle remaining 1/2 cup oil over. Cover pot with large piece of heavy-duty aluminum foil, sealing tightly around rim.
- ☐ Place lid on pot to cover tightly. Roast chicken and vegetables until cooked through, about 55 minutes.
- ☐ Let stand covered 10 minutes.
- ☐ Transfer chicken to center of large shallow bowl. Using tongs, place vegetables and aromatics around chicken. Season pan juices to taste with salt and pepper; pour over chicken.

Nutrition Facts



Properties

Glycemic Index:64.71, Glycemic Load:12.36, Inflammation Score:-10, Nutrition Score:37.151304431584%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 3.5mg, Apigenin: 3.5mg, Apigenin: 3.5mg, Apigenin: 3.5mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 758.32kcal (37.92%), Fat: 41.86g (64.41%), Saturated Fat: 10.75g (67.18%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 39.56g (14.39%), Sugar: 22.13g (24.58%), Cholesterol: 163.29mg (54.43%), Sodium: 247.78mg (10.77%), Alcohol: 2.85g (100%), Alcohol %: 0.62% (100%), Protein: 45.96g (91.92%), Vitamin A: 13683.16IU (273.66%), Vitamin K: 135.97µg (129.49%), Vitamin B3: 17.55mg (87.73%), Vitamin B6: 1.34mg (67.04%), Vitamin C: 54.06mg (65.53%), Selenium: 34.83µg (49.75%), Phosphorus: 451.47mg (45.15%), Manganese: 0.8mg (40.17%), Potassium: 1270.31mg (36.29%), Fiber: 8.24g (32.94%), Vitamin B2: 0.47mg (27.62%), Vitamin B5: 2.71mg (27.05%), Zinc: 3.73mg (24.89%), Magnesium: 90.14mg (22.54%), Iron: 3.93mg (21.84%), Vitamin B1: 0.3mg (20.12%), Copper: 0.38mg (18.83%), Folate: 73.57µg (18.39%), Vitamin E: 2.67mg (17.81%), Calcium: 156.6mg (15.66%), Vitamin B12: 0.73µg (12.23%), Vitamin D: 0.44µg (2.9%)