



Chicken in Wine Sauce

READY IN



75 min.

SERVINGS



6

CALORIES



442 kcal

SAUCE

Ingredients

- ☐ 2 slices bacon crumbled cooked
- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4 chicken thighs bone-in
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup carrots thinly sliced
- ☐ 0.5 cup celery thinly sliced
- ☐ 2 cups cherry tomatoes
- ☐ 2 chicken breast halves bone-in halved

- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 2 cups wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley fresh divided chopped
- ☐ 3 tablespoons tarragon fresh chopped
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon butter unsalted
- ☐ 1 tablespoon dijon mustard

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ dutch oven

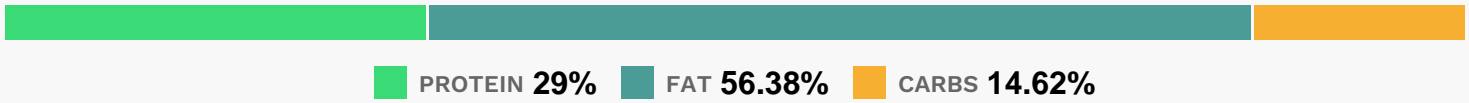
Directions

- ☐ Preheat oven to 32
- ☐ Heat a Dutch oven over medium heat.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add half of chicken to pan, flesh side down. Cook 4 minutes or until browned; remove from pan. Repeat with remaining chicken. Set chicken aside.
- ☐ Add onion, carrot, celery, and garlic to pan; cook for 6 minutes, stirring occasionally.
- ☐ Add wine; cook for 2 minutes, scraping pan to loosen browned bits. Return chicken to pan, flesh side up.

- ☐ Combine stock and flour in a bowl, stirring with a whisk until smooth.
- ☐ Add stock mixture to pan.
- ☐ Stir in tarragon, 2 tablespoons parsley, mustard, and bay leaf, and bring to a boil. Cover and bake at 325 for 45 minutes or until chicken is done and very tender.
- ☐ Remove pan from oven.
- ☐ Remove chicken from pan, and top with 1/4 cup cooking liquid. Keep warm.
- ☐ Heat pan over medium-high heat, and bring to a boil. Boil 5 minutes or until mixture is reduced to 3 cups.
- ☐ Whisk in butter, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper. Discard bay leaf.
- ☐ Preheat broiler to high.
- ☐ Arrange tomatoes in a single layer on a jelly-roll pan; lightly coat with cooking spray. Broil 6 minutes or until blistered.
- ☐ Sprinkle chicken with tomatoes, crumbled bacon, and remaining 1 tablespoon parsley.
- ☐ Serve with sauce.
- ☐ If you like kalamata olives, try Greek-Style Stewed Chicken: Prepare Chicken with Wine Sauce through step 4, omitting carrot and celery and adding 1/2 cup chopped, seeded plum tomato and 1/2 cup thinly sliced green bell pepper instead, decreasing wine to 1 3/4 cups and adding 1/4 cup ouzo (or brandy), and omitting tarragon, parsley, and mustard. Stir in 1 1/2 tablespoons chopped fresh oregano leaves and 1/2 teaspoon chopped fresh rosemary leaves.
- ☐ Add 1/4 cup sliced, pitted kalamata olives and 1 tablespoon fresh lemon juice into sauce mixture when butter is added, stirring until butter melts. Omit steps 5 and
- ☐ Serve with lemon wedges, if desired.
- ☐ Serves 6 (serving size: 2 chicken thighs or 1/2 chicken breast half and about 1/3 cup sauce)
Calories 349; Fat 7g (sat 9g); Sodium 439mg
- ☐ If you like saffron, try Moroccan Stewed Chicken: Prepare Chicken with Wine Sauce through step 4, omitting celery and adding 1/2 cup chopped, seeded plum tomato instead; decreasing wine to 1 3/4 cups; omitting tarragon, parsley, and mustard; and stirring in 1/3 cup chopped dried apricot halves, 1/4 cup sliced pitted green olives, and 1/4 teaspoon saffron threads with the bay leaf.
- ☐ Add 1 tablespoon fresh lemon juice into sauce when butter is added, stirring until smooth. Omit steps 5 and

- ☐
- Serve with lemon wedges.
- ☐
- Serves 6 (serving size: 2 chicken thighs or 1/2 chicken breast half, about 1/2 cup sauce, and 1 lemon wedge) Calories 336; Fat 7g (sat 6g); Sodium 454mg

Nutrition Facts



Properties

Glycemic Index:65.31, Glycemic Load:3.84, Inflammation Score:-9, Nutrition Score:21.549130185791%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 442.29kcal (22.11%), Fat: 24.11g (37.09%), Saturated Fat: 7.04g (43.97%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 12.26g (4.46%), Sugar: 4.46g (4.96%), Cholesterol: 129.57mg (43.19%), Sodium: 473.39mg (20.58%), Alcohol: 8.24g (100%), Alcohol %: 2.8% (100%), Protein: 27.9g (55.79%), Vitamin B3: 10.36mg (51.78%), Vitamin A: 2531.15IU (50.62%), Selenium: 35µg (50%), Vitamin B6: 0.89mg (44.75%), Vitamin K: 42.12µg (40.12%), Phosphorus: 314.86mg (31.49%), Manganese: 0.58mg (29.05%), Vitamin C: 19.56mg (23.71%), Potassium: 784.85mg (22.42%), Vitamin B2: 0.31mg (18.31%), Vitamin B5: 1.78mg (17.78%), Iron: 3.02mg (16.75%), Magnesium: 63.5mg (15.88%), Vitamin B1: 0.21mg (14.03%), Zinc: 2.02mg (13.5%), Vitamin B12: 0.73µg (12.21%), Folate: 41.33µg (10.33%), Copper: 0.18mg (9.07%), Calcium: 85.39mg (8.54%), Fiber: 1.81g (7.24%), Vitamin E: 1.01mg (6.73%), Vitamin D: 0.2µg (1.32%)