



Chicken Pot-au-Feu

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb carrots diced ()
- ☐ 8 chicken legs (drumsticks and thighs attached; 4 lb. total)
- ☐ 1.5 cups cooking wine dry white
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 tablespoons thyme leaves or dried fresh minced
- ☐ 2 tablespoons olive oil
- ☐ 1 cup oven-sautéed onions and garlic

- ☐ 0.5 cup port
- ☐ 8 servings salt and pepper

Equipment

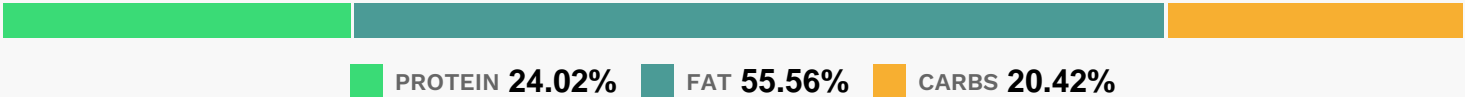
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Rinse chicken and pat dry.
- ☐ Sprinkle lightly with salt and pepper.
- ☐ Put 1 tablespoon oil in a 5- to 6-quart pan over medium-high heat. When hot, add 1/2 the chicken and brown on all sides, about 10 minutes total. As chicken is browned, transfer to a platter and add remaining chicken.
- ☐ Let cool to room temperature, about 10 minutes.
- ☐ Add carrots, thyme, and remaining oil to frying pan. Stir often until carrots are slightly browned, about 10 minutes.
- ☐ Add flour and stir 1 minute longer.
- ☐ Add sauted onions and garlic, white wine, broth, and port, and stir until boiling, about 5 minutes.
- ☐ Let cool to room temperature, about 40 minutes.
- ☐ Put 1/2 the chicken in each of 2 foil pans (8 to 9 in. square). Spoon sauce evenly over chicken. Seal pans with foil, and freeze (see Cold Facts below).
- ☐ Thaw 1 pan (see notes).
- ☐ Bake, covered, in a 375 oven until chicken is no longer pink at bone in thickest part (cut to test), about 1 1/2 hours (about 1 hour in a convection oven).
- ☐ Cold Facts. Packaging: freezer bags and foil pans. Squeeze out all air and seal bag. For better protection of frozen foods during storage, seal each bag inside a second one.
- ☐ Lay bags flat in freezer until solid so they will stack. Seal foil pans with a double layer of foil to protect foods for storage. Label each dish with permanent marker. Make a master list of the dishes. As you remove each from the freezer, cross it off the list. For best quality, freeze meat

mixtures no longer than six weeks, others three months.

Nutrition Facts



Properties

Glycemic Index:26.48, Glycemic Load:6.94, Inflammation Score:-10, Nutrition Score:20.249565119329%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.25mg, Malvidin: 14.25mg, Malvidin: 14.25mg, Malvidin: 14.25mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 444.46kcal (22.22%), Fat: 24.47g (37.65%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 17.57g (6.39%), Sugar: 5.23g (5.81%), Cholesterol: 119.8mg (39.93%), Sodium: 589.79mg (25.64%), Alcohol: 6.93g (100%), Alcohol %: 2.55% (100%), Protein: 23.81g (47.61%), Vitamin A: 12022.58IU (240.45%), Selenium: 28.81µg (41.15%), Vitamin B3: 7.64mg (38.21%), Vitamin B6: 0.76mg (37.78%), Phosphorus: 273.2mg (27.32%), Manganese: 0.54mg (27.08%), Potassium: 632.89mg (18.08%), Vitamin B2: 0.29mg (17.34%), Vitamin B5: 1.7mg (16.97%), Zinc: 2.4mg (15.98%), Vitamin B1: 0.23mg (15.02%), Vitamin C: 11.84mg (14.36%), Vitamin K: 14.91µg (14.2%), Vitamin B12: 0.83µg (13.91%), Iron: 2.12mg (11.77%), Magnesium: 46.9mg (11.72%), Fiber: 2.67g (10.66%), Copper: 0.19mg (9.33%), Vitamin E: 1.27mg (8.48%), Calcium: 79.52mg (7.95%), Folate: 30.27µg (7.57%)