

Chicken Provençal



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 0.3 cup olives black such as niçoise or kalamata, halved and pitted
- ☐ 1.5 cups tomatoes with their juice canned crushed
- ☐ 3 pounds meat from a rotisserie chicken cut into eight pieces
- ☐ 1 tablespoon cooking oil
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 4 cloves garlic minced

- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 small onion chopped
- ☐ 0.5 cup red wine
- ☐ 0.8 teaspoon salt

Equipment

- ☐ frying pan

Directions

- ☐ In a large, deep frying pan, heat the oil over moderately high heat. Season the chicken with 1/4 teaspoon each of the salt and pepper and put it in the pan. Cook the chicken until browned, turning, about 8 minutes in all.
- ☐ Remove the chicken from the pan.
- ☐ Pour off all but 1 tablespoon fat from the pan.
- ☐ Reduce the heat to moderately low.
- ☐ Add the onion and the garlic and cook, stirring occasionally, until the onion starts to soften, about 3 minutes.
- ☐ Add the wine to the pan and simmer until reduced to about 1/4 cup, 1 to 2 minutes.
- ☐ Add the tomatoes, rosemary, thyme, olives, anchovy paste, and the remaining 1/2 teaspoon salt and simmer for 5 minutes.
- ☐ Add the chicken thighs and drumsticks and any accumulated juices. Reduce the heat to low and simmer, covered, for 10 minutes.
- ☐ Add the breasts and cook until the chicken is just done, about 10 minutes more.
- ☐ Add the remaining 1/4 teaspoon pepper.
- ☐ Menu Suggestions: Simple roasted new potatoes or boiled green beans would be excellent with the gutsy flavors here.
- ☐ Wine Recommendation: There are lots of interesting wines from the region of Provence that will be ideal with this dish. For a lighter, summer wine, look for a ros from that region. If you prefer a red, try a Ctes de Provence.

Nutrition Facts



 **PROTEIN 29.42%**  **FAT 60.99%**  **CARBS 9.59%**

Properties

Glycemic Index:53, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:17.698260867077%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 468.51kcal (23.43%), Fat: 30.26g (46.56%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 8.14g (2.96%), Sugar: 5.02g (5.57%), Cholesterol: 123.74mg (41.25%), Sodium: 903.21mg (39.27%), Alcohol: 3.18g (100%), Alcohol %: 1.25% (100%), Protein: 32.85g (65.7%), Vitamin B3: 12.66mg (63.29%), Vitamin B6: 0.79mg (39.56%), Selenium: 25.77µg (36.82%), Phosphorus: 290.53mg (29.05%), Potassium: 667.64mg (19.08%), Vitamin E: 2.73mg (18.22%), Vitamin B5: 1.81mg (18.06%), Manganese: 0.35mg (17.7%), Iron: 3.19mg (17.7%), Zinc: 2.54mg (16.96%), Vitamin C: 13.26mg (16.08%), Vitamin B2: 0.27mg (15.75%), Magnesium: 59.92mg (14.98%), Copper: 0.29mg (14.35%), Vitamin B1: 0.19mg (12.41%), Vitamin K: 12.89µg (12.27%), Fiber: 2.57g (10.28%), Vitamin A: 476.26IU (9.53%), Vitamin B12: 0.52µg (8.66%), Calcium: 73.9mg (7.39%), Folate: 26.27µg (6.57%), Vitamin D: 0.35µg (2.35%)