



Chicken with 40 Cloves of Garlic

READY IN



45 min.

SERVINGS



8

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 6 inch diagonally bread baguette french cut
- 1 tablespoon butter
- 6 pound chickens whole
- 1 cup cooking wine dry white
- 1 tablespoon olive oil extravirgin
- 1.3 cups less-sodium chicken broth fat-free
- 40 garlic cloves peeled
- 0.5 teaspoon salt

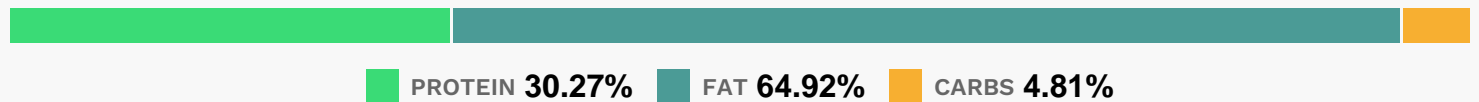
Equipment

- frying pan

Directions

- Remove and discard giblets and neck from chickens. Rinse chickens with cold water; pat dry. Trim excess fat; remove skin.
- Cut each chicken into 8 pieces.
- Combine butter and oil in a 12-inch nonstick skillet over medium-high heat.
- Sprinkle salt and pepper evenly over chicken.
- Add half of chicken pieces to pan; cook 2 minutes on each side or until golden.
- Remove chicken from pan; keep warm. Repeat procedure with remaining chicken.
- Reduce heat to medium.
- Add garlic; cook 1 minute or until garlic begins to brown, stirring frequently. Arrange chicken on top of garlic.
- Add broth and wine; cover and cook 25 minutes or until chicken is done.
- Remove chicken from pan; keep warm. Increase heat to medium-high; cook 10 minutes or until liquid is reduced to about 1 cup.
- Serve sauce and garlic with chicken and bread.
- Garnish with chopped parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:22.599130174388%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 610.73kcal (30.54%), Fat: 41.79g (64.29%), Saturated Fat: 12.12g (75.75%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.56g (2.38%), Sugar: 0.6g (0.67%), Cholesterol: 217.34mg (72.45%), Sodium: 486.13mg (21.14%), Alcohol: 3.09g (100%), Alcohol %: 1.17% (100%), Protein: 43.83g (87.67%), Vitamin B3: 16.4mg (82.02%), Vitamin B6: 1mg (50.15%), Selenium: 32.32µg (46.17%), Phosphorus: 444.99mg (44.5%), Vitamin A: 2138.98IU (42.78%), Vitamin B12: 2.53µg (42.21%), Vitamin B2: 0.46mg (26.98%), Vitamin B5: 2.69mg (26.94%), Zinc: 3.42mg (22.79%), Iron: 3.87mg (21.52%), Manganese: 0.39mg (19.4%), Folate: 67.36µg (16.84%), Potassium: 582.82mg (16.65%), Magnesium: 55.22mg (13.8%), Vitamin C: 10.64mg (12.9%), Vitamin B1: 0.19mg (12.57%), Copper: 0.21mg (10.28%), Calcium: 59.29mg (5.93%), Vitamin E: 0.31mg (2.06%), Vitamin K: 1.75µg (1.66%), Fiber: 0.41g (1.63%)