



Chicken with 40 Cloves of Garlic

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots chopped
- ☐ 1 rib celery chopped
- ☐ 1 meat from a rotisserie chicken cut into 8 pieces
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 40 cloves garlic peeled
- ☐ 0.8 cup chicken broth low-sodium
- ☐ 1 small onion chopped

- ☐ 10 servings salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

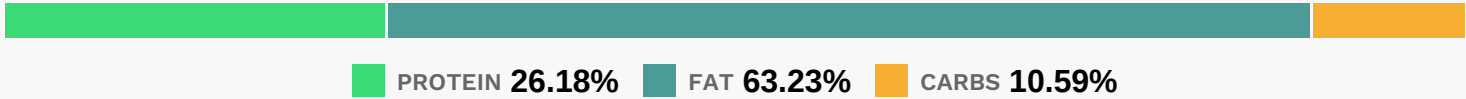
Equipment

- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400F. Rinse chicken pieces with cool water and pat dry. Season on all sides with salt and pepper.
- ☐ In a Dutch oven, melt butter with oil over medium heat. When foam subsides, cook chicken, working in batches if necessary, turning often, until golden, about 10 minutes.
- ☐ Transfer to a plate.
- ☐ Pour off all but 1 Tbsp. fat.
- ☐ Add vegetables; cook, stirring often, until slightly softened, about 2 minutes.
- ☐ Pour in wine and cook, scraping up any browned bits, until liquid has almost evaporated, 30 seconds to 1 minute.
- ☐ Add broth, garlic and rosemary. Season with salt and pepper and bring to a boil.
- ☐ Return chicken, skin side up, and any accumulated juices to pot. Cover and bake for 20 minutes.
- ☐ Remove cover; bake until juices have slightly reduced and garlic is very soft, about 30 minutes. (If mixture looks dry, add up to 1/2 cup broth.)
- ☐ Transfer chicken to a serving platter. Use a fork to crush a few of the softened garlic cloves. Spoon sauce and vegetables over chicken and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:9.960000058879%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 241.91kcal (12.1%), Fat: 16.67g (25.65%), Saturated Fat: 5.19g (32.42%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.51g (2%), Sugar: 1.13g (1.26%), Cholesterol: 63.15mg (21.05%), Sodium: 266.97mg (11.61%), Alcohol: 0.62g (100%), Alcohol %: 0.56% (100%), Protein: 15.53g (31.06%), Vitamin A: 2234.22IU (44.68%), Vitamin B3: 5.66mg (28.28%), Vitamin B6: 0.45mg (22.42%), Selenium: 12.77µg (18.24%), Phosphorus: 144.67mg (14.47%), Manganese: 0.25mg (12.67%), Vitamin K: 9.38µg (8.93%), Vitamin B5: 0.82mg (8.22%), Zinc: 1.21mg (8.08%), Potassium: 272.01mg (7.77%), Vitamin C: 6.33mg (7.67%), Vitamin B2: 0.12mg (7.24%), Iron: 1.01mg (5.59%), Vitamin B1: 0.08mg (5.48%), Magnesium: 21.69mg (5.42%), Copper: 0.09mg (4.6%), Vitamin B12: 0.26µg (4.31%), Vitamin E: 0.62mg (4.12%), Calcium: 39.41mg (3.94%), Fiber: 0.78g (3.11%), Folate: 10.17µg (2.54%), Vitamin D: 0.19µg (1.3%)