



Chicken with 40 Cloves of Garlic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



719 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ribs celery cut into long strips
- ☐ 8 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs (drumstick and thigh)
- ☐ 0.5 cup mirin dry
- ☐ 1 tablespoon tarragon dried fresh chopped
- ☐ 40 cloves garlic unpeeled
- ☐ 1 pinch nutmeg
- ☐ 0.7 cup olive oil

- ☐ 2 medium onion chopped
- ☐ 6 sprigs parsley
- ☐ 2.5 teaspoons salt

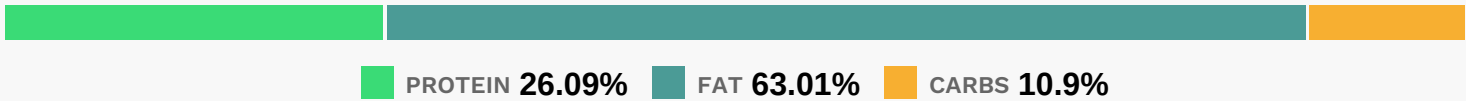
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375°F.
- ☐ Put the oil in a shallow dish; add chicken pieces, turning to coat all sides evenly with oil.
- ☐ Cover the bottom of a heavy 6-quart casserole with a mixture of the celery and onions; add the parsley and tarragon, laying chicken pieces on top.
- ☐ Pour the vermouth over chicken, sprinkle with salt and pepper, add a dash or two of nutmeg. Tuck the garlic cloves around and between the chicken pieces.
- ☐ Serve chicken, pan juices, and whole garlic cloves with thin slices of heated French bread or toast. The garlic should be squeezed from the root end of its husk onto the bread or toast, spread like butter, and eaten with the chicken.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:4.7, Inflammation Score:-7, Nutrition Score:27.123043091401%

Flavonoids

Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg

Nutrients (% of daily need)

Calories: 718.63kcal (35.93%), Fat: 48.8g (75.08%), Saturated Fat: 12.41g (77.56%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 16.52g (6.01%), Sugar: 3.25g (3.61%), Cholesterol: 239.61mg (79.87%), Sodium: 1711.28mg (74.4%), Alcohol: 2.85g (100%), Alcohol %: 0.79% (100%), Protein: 45.46g (90.91%), Selenium: 51.16µg (73.09%), Vitamin B6: 1.33mg (66.56%), Vitamin B3: 12.78mg (63.88%), Phosphorus: 477.87mg (47.79%), Vitamin K: 47.51µg (45.25%), Manganese: 0.82mg (41.19%), Zinc: 4.38mg (29.17%), Vitamin B5: 2.91mg (29.14%), Vitamin B2: 0.46mg (27.01%), Potassium: 891.68mg (25.48%), Vitamin B12: 1.44µg (24.05%), Vitamin C: 18.06mg (21.89%), Vitamin B1: 0.29mg (19.23%), Magnesium: 73.88mg (18.47%), Iron: 3.21mg (17.85%), Copper: 0.28mg (14.19%), Calcium: 130.13mg (13.01%), Vitamin A: 621.23IU (12.42%), Vitamin E: 1.76mg (11.73%), Folate: 43.34µg (10.84%), Fiber: 2.47g (9.87%), Vitamin D: 0.26µg (1.72%)