



Chicken with 40 Cloves of Garlic

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 celery stalks cut into 3 pieces
- 2 pounds skin-on chicken drumsticks
- 3 pounds strips.
- 1 teaspoon tarragon dried
- 0.5 cup mirin dry
- 40 garlic clove unpeeled (3 heads)
- 0.1 teaspoon nutmeg
- 2.5 cups onion chopped

- 6 parsley
- 0.5 teaspoon pepper
- 1.5 teaspoons salt

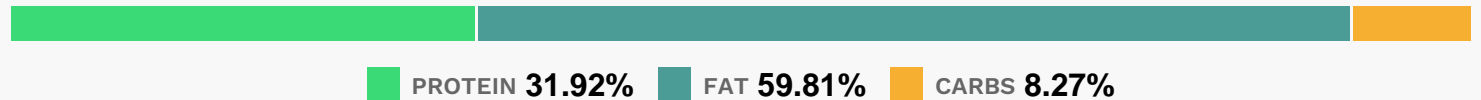
Equipment

- oven
- roasting pan
- aluminum foil

Directions

- Preheat oven to 37
- Combine first 4 ingredients in a 4-quart casserole or shallow roasting pan. Arrange chicken over vegetables.
- Drizzle with vermouth; sprinkle with salt, pepper, and nutmeg. Nestle garlic around chicken. Cover casserole with foil, and bake at 375 for 1 1/2 hours.
- carbo rating: 9

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:2.54, Inflammation Score:-5, Nutrition Score:20.668260963067%

Flavonoids

Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg

Nutrients (% of daily need)

Calories: 549.43kcal (27.47%), Fat: 35.48g (54.58%), Saturated Fat: 9.53g (59.56%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 9.75g (3.55%), Sugar: 2.31g (2.57%), Cholesterol: 236.59mg (78.86%), Sodium: 652.77mg (28.38%), Alcohol: 1.42g (100%), Alcohol %: 0.55% (100%), Protein: 42.61g (85.22%), Selenium: 48.96µg

(69.94%), Vitamin B3: 11.78mg (58.89%), Vitamin B6: 1.09mg (54.51%), Phosphorus: 434.29mg (43.43%), Vitamin B5: 2.67mg (26.74%), Zinc: 3.87mg (25.78%), Vitamin B12: 1.51µg (25.11%), Vitamin B2: 0.39mg (22.76%), Manganese: 0.4mg (19.83%), Potassium: 670.04mg (19.14%), Vitamin K: 19.02µg (18.11%), Vitamin B1: 0.24mg (16.16%), Magnesium: 58.01mg (14.5%), Iron: 2.13mg (11.81%), Vitamin C: 9.57mg (11.59%), Copper: 0.2mg (10.16%), Calcium: 65.42mg (6.54%), Fiber: 1.28g (5.11%), Vitamin A: 253.35IU (5.07%), Folate: 19.92µg (4.98%), Vitamin E: 0.54mg (3.57%), Vitamin D: 0.25µg (1.64%)