



Chicken with Forty Cloves of Garlic

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



READY IN

ready

110 min.

SERVINGS

servings

8

CALORIES

calories

393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ribs celery cut in long strips
- ☐ 8 chicken drumsticks and thighs or use 16 drumsticks or 16 thighs
- ☐ 0.5 cup vermouth dry
- ☐ 1 tablespoon tarragon dried fresh chopped or 1 teaspoon
- ☐ 40 cloves garlic unpeeled
- ☐ 8 servings nutmeg grated
- ☐ 0.3 cup oil

- ☐ 2 medium size onions chopped
- ☐ 6 sprigs parsley
- ☐ 2.5 teaspoons salt

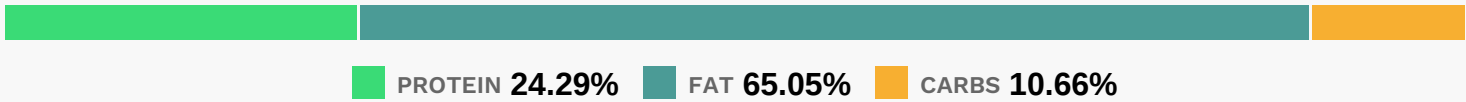
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Brush chicken pieces with oil, saute until brown. Cover the bottom of a heavy 6–quart casserole with a mixture of the celery and sauteed onion, add the parsley and tarragon.
- ☐ Pour the vermouth over them, sprinkle with the salt, pepper, and a dash or two of nutmeg,
- ☐ Lay the chicken pieces on top.
- ☐ Sprinkle the garlic cloves around and between the chicken pieces. Cover the top of the casserole tightly with aluminum foil and then lid (this creates an airtight seal so the steam does not escape).
- ☐ Bake in a 375 preheated degrees oven for 1 1/2 hours, without removing the cover.
- ☐ Serve the chicken, pan juices, and whole garlic cloves with slices of heated French bread or hot toast. The garlic should be squeezed from the root end of its papery husk onto the bread or toast, spread like butter, and eaten with the chicken.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:2.73, Inflammation Score:-6, Nutrition Score:13.71869549544%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.36mg, Myricetin:

0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 392.7kcal (19.64%), Fat: 27.68g (42.58%), Saturated Fat: 6.24g (39%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 8.58g (3.12%), Sugar: 2.16g (2.4%), Cholesterol: 86.7mg (28.9%), Sodium: 828.58mg (36.03%), Alcohol: 1.42g (100%), Alcohol %: 0.87% (100%), Protein: 23.25g (46.5%), Vitamin B3: 8.18mg (40.89%), Vitamin B6: 0.66mg (33.18%), Selenium: 19.07µg (27.24%), Vitamin K: 27.02µg (25.73%), Manganese: 0.47mg (23.38%), Phosphorus: 213.19mg (21.32%), Vitamin E: 2.06mg (13.72%), Vitamin C: 10.68mg (12.94%), Zinc: 1.85mg (12.33%), Vitamin B5: 1.23mg (12.28%), Potassium: 409.34mg (11.7%), Vitamin B2: 0.19mg (11.04%), Iron: 1.8mg (9.97%), Magnesium: 39.02mg (9.75%), Vitamin B1: 0.13mg (8.4%), Copper: 0.15mg (7.35%), Vitamin A: 355.85IU (7.12%), Calcium: 69.6mg (6.96%), Fiber: 1.62g (6.5%), Folate: 24.88µg (6.22%), Vitamin B12: 0.36µg (5.97%), Vitamin D: 0.23µg (1.54%)