



Chicken with Mixed Wine: Pollo al Vino Cotto



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



1152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons almonds toasted
- ☐ 1 tablespoon capers rinsed drained
- ☐ 2 carrots diced peeled
- ☐ 3 pound meat from a rotisserie chicken cleaned cut into 8 servings
- ☐ 2 cinnamon sticks
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup olives green pitted chopped Sicilian variety
- ☐ 12 ounces honey

- ☐ 0.5 cup olive oil extra-virgin plus more for garnish
- ☐ 1 large onion cut into large dice
- ☐ 4 servings parsley italian chopped for garnish
- ☐ 1 tablespoon pinenuts toasted
- ☐ 3 tablespoons raisins
- ☐ 4 servings chili flakes red hot for garnish
- ☐ 4.5 cups red wine
- ☐ 1 cup red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1.5 cups vin cotto
- ☐ 1.5 cups vin cotto

Equipment

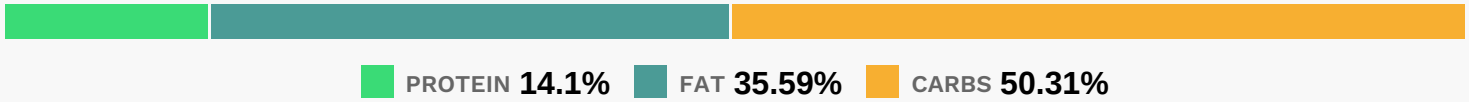
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine all the ingredients in heavy-bottomed saucepan. Bring to a boil over high heat and then simmer, stirring occasionally to ensure that the honey does not burn, until the wine is reduced to 1/4 of its original amount, about 20 minutes.
- ☐ Remove from the heat and let cool.
- ☐ Remove the cinnamon sticks before using.
- ☐ Remove the giblets, clean and pat dry the chicken.
- ☐ Cut the chicken into 8 pieces, leaving the bones intact. In a 12 to 14-inch saucepan, heat 2 tablespoons olive oil until hot but not smoking.
- ☐ Add the chicken pieces, skin side down, and brown on both sides over high heat, about 4 minutes per side, season with salt. When the chicken is brown, add onion and carrot, caramelize and toss. .

- ☐
- Add the olives, raisins, capers, pine nuts, and almonds, deglaze with 1/2 vin cotto, reducing by 1/
- ☐
- Add the remaining 1/2 cup vin cotto and turn the heat to high, so that the wine comes to a boil. In a small bowl, combine the vinegar and the sugar.
- ☐
- Add to the pan and cook over high heat until all the wine and vinegar has evaporated. Season, to taste, with salt and pepper and serve hot, garnished with chili flakes, parsley, extra-virgin olive oil and cracked black pepper.

Nutrition Facts



Properties

Glycemic Index:87.25, Glycemic Load:61.68, Inflammation Score:-10, Nutrition Score:31.890869379044%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Petunidin: 5.35mg, Petunidin: 5.35mg, Petunidin: 5.35mg, Petunidin: 5.35mg Delphinidin: 5.43mg, Delphinidin: 5.43mg, Delphinidin: 5.43mg, Delphinidin: 5.43mg Malvidin: 37.37mg, Malvidin: 37.37mg, Malvidin: 37.37mg, Malvidin: 37.37mg Peonidin: 3.38mg, Peonidin: 3.38mg, Peonidin: 3.38mg, Peonidin: 3.38mg Catechin: 19.37mg, Catechin: 19.37mg, Catechin: 19.37mg, Catechin: 19.37mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 4.81mg, Naringenin: 4.81mg, Naringenin: 4.81mg, Naringenin: 4.81mg Apigenin: 9mg, Apigenin: 9mg, Apigenin: 9mg, Apigenin: 9mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg Quercetin: 13.97mg, Quercetin: 13.97mg, Quercetin: 13.97mg, Quercetin: 13.97mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 1152.1kcal (57.61%), Fat: 38.64g (59.44%), Saturated Fat: 8.65g (54.03%), Carbohydrates: 122.86g (40.95%), Net Carbohydrates: 117g (42.54%), Sugar: 100.22g (111.35%), Cholesterol: 122.47mg (40.82%), Sodium: 513.33mg (22.32%), Alcohol: 28.62g (100%), Alcohol %: 4.86% (100%), Protein: 34.44g (68.88%), Vitamin A: 6335.64IU (126.71%), Vitamin K: 81.46µg (77.58%), Manganese: 1.36mg (67.89%), Vitamin B3: 13.03mg (65.13%), Vitamin B6: 0.92mg (46.05%), Phosphorus: 401.23mg (40.12%), Selenium: 26.14µg (37.35%), Vitamin E: 5.12mg (34.16%), Potassium: 1112.59mg (31.79%), Magnesium: 115.18mg (28.79%), Iron: 5.12mg (28.47%), Vitamin B2: 0.48mg (28.46%), Fiber: 5.86g (23.44%), Zinc: 3.45mg (23.02%), Copper: 0.38mg (19%), Vitamin B5: 1.85mg (18.48%),

Vitamin C: 14.03mg (17%), Vitamin B1: 0.2mg (13.25%), Calcium: 130.64mg (13.06%), Folate: 39.33µg (9.83%),
Vitamin B12: 0.51µg (8.44%), Vitamin D: 0.33µg (2.18%)