



## Chicken with Port and Figs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon butter cut into four pieces
- 3 pounds meat from a rotisserie chicken quartered
- 8 figs dried
- 4 servings fresh-ground pepper black
- 6 inch lemon zest
- 1 tablespoon olive oil
- 0.7 cup port
- 4 servings salt

- 1 cup water

## Equipment

- sauce pan
- oven
- knife
- roasting pan
- broiler

## Directions

- Heat the oven to 37
- Pierce each fig three or four times with a paring knife. In a small stainless-steel saucepan, combine the figs, water, the 2/3 cup port, and the lemon zest. Bring to a boil and simmer, covered, until tender, about 30 minutes. Discard the zest and reserve the poaching liquid.
- Cut the figs in half.
- Meanwhile, coat the chicken with the oil and arrange the pieces, skin-side up, in a large roasting pan.
- Sprinkle the chicken with the remaining 1 tablespoon port and season with 1/4 teaspoon salt and 1/8 teaspoon pepper. Top each piece of chicken with a piece of the butter. Cook until the breasts are just done, about 30 minutes.
- Remove the breasts and continue to cook the legs until done, about 5 minutes longer.
- Remove the roasting pan from the oven; return the breasts to the pan.
- Heat the broiler. Broil the chicken until the skin is golden brown, about 2 minutes.
- Transfer the chicken to a plate.
- Pour off the fat from the roasting pan. Set the pan over moderate heat and add the fig-poaching liquid. Bring to a boil, scraping the bottom of the pan to dislodge any brown bits. Boil until reduced to approximately 1/4 cup, about 4 minutes.
- Add the figs, any accumulated juices from the chicken, and a pinch each of salt and pepper. Spoon the sauce over the chicken.
- Menu Suggestion: A green vegetable, such as steamed broccoli, makes a quick and easy side dish.

Wine Recommendation: A Portuguese red wine such as a Do, combining soft texture with full flavor, is a geographical match. The savory sauce would also go nicely with a fruity cabernet sauvignon or merlot from either California or Australia.

## Nutrition Facts

**PROTEIN 26.47%** **FAT 59.58%** **CARBS 13.95%**

### Properties

Glycemic Index:28.25, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:13.419130522272%

### Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

### Nutrients (% of daily need)

Calories: 513kcal (25.65%), Fat: 31.09g (47.83%), Saturated Fat: 9.35g (58.41%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 14.38g (5.23%), Sugar: 10.94g (12.15%), Cholesterol: 129.99mg (43.33%), Sodium: 339.08mg (14.74%), Alcohol: 6.12g (100%), Alcohol %: 2.68% (100%), Protein: 31.08g (62.16%), Vitamin B3: 11.31mg (56.54%), Selenium: 23.88µg (34.11%), Vitamin B6: 0.6mg (29.77%), Phosphorus: 255.82mg (25.58%), Vitamin B5: 1.59mg (15.86%), Zinc: 2.29mg (15.29%), Potassium: 462.56mg (13.22%), Vitamin B2: 0.22mg (12.98%), Magnesium: 48.55mg (12.14%), Iron: 1.95mg (10.85%), Vitamin C: 7.72mg (9.36%), Manganese: 0.17mg (8.67%), Vitamin B12: 0.51µg (8.54%), Vitamin B1: 0.12mg (8.09%), Fiber: 2g (7.99%), Copper: 0.16mg (7.84%), Vitamin E: 1.14mg (7.62%), Vitamin K: 7.46µg (7.11%), Vitamin A: 320.13IU (6.4%), Calcium: 55.4mg (5.54%), Folate: 11.85µg (2.96%), Vitamin D: 0.33µg (2.18%)