



Chicken with Prunes and Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon cut into small pieces
- ☐ 1 bay leaf
- ☐ 8 skin-on chicken drumsticks bone in
- ☐ 1.5 cups chicken stock see
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon honey

- ☐ 0.5 tablespoon olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1 of orange zest
- ☐ 1 cup prune- cut to pieces
- ☐ 0.5 cup red wine
- ☐ 4 servings salt and pepper

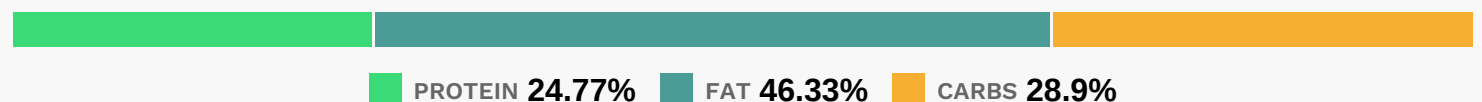
Equipment

- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ In a large pot or dutch oven heat the olive oil, add the bacon and cook for about 3 to 5 minutes or until crispy.
- ☐ Remove and set aside. Rub the chicken with salt and pepper and to the pot.
- ☐ Saute for about 3 minutes on each side or until brown.
- ☐ Remove from the pot and set aside with the bacon.
- ☐ Add the onions to the pot and cook for about 5 minutes or until translucent, add more olive oil if necessary.
- ☐ Add the garlic and cook for 1 minute more.
- ☐ Add the red wine and with a wooden spoon scrape the bottom of the pot.
- ☐ Add the chicken, bacon and remaining ingredients to the pot. Cook over medium- low heat for about 1 hour and 15 minutes or until the chicken is cooked and the sauce has thicken.
- ☐ Add more chicken stock if necessary.
- ☐ Serve warm over white rice.

Nutrition Facts



Properties

Glycemic Index:50.82, Glycemic Load:10.11, Inflammation Score:-7, Nutrition Score:19.239565268807%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 560.59kcal (28.03%), Fat: 28.01g (43.1%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 39.31g (13.1%), Net Carbohydrates: 35.64g (12.96%), Sugar: 23.36g (25.96%), Cholesterol: 160.16mg (53.39%), Sodium: 665.45mg (28.93%), Alcohol: 3.18g (100%), Alcohol %: 1.08% (100%), Protein: 33.7g (67.41%), Vitamin B3: 10.79mg (53.94%), Selenium: 37.44µg (53.49%), Vitamin B6: 0.78mg (39.15%), Phosphorus: 360.98mg (36.1%), Vitamin K: 31.2µg (29.72%), Vitamin B2: 0.45mg (26.62%), Potassium: 884.4mg (25.27%), Zinc: 3.67mg (24.44%), Vitamin B5: 1.95mg (19.51%), Vitamin B1: 0.27mg (17.76%), Vitamin B12: 0.97µg (16.17%), Magnesium: 61.74mg (15.43%), Manganese: 0.3mg (15.2%), Copper: 0.29mg (14.75%), Fiber: 3.67g (14.69%), Iron: 1.98mg (10.98%), Vitamin A: 438.61IU (8.77%), Vitamin E: 0.88mg (5.89%), Calcium: 52.22mg (5.22%), Vitamin C: 3.18mg (3.85%), Folate: 15.28µg (3.82%), Vitamin D: 0.26µg (1.74%)