



Chicken with Red Wine Broth

READY IN



45 min.

SERVINGS



4

CALORIES



1308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter softened
- ☐ 2 large carrots halved lengthwise cut into 2-inch pieces
- ☐ 4 pounds skin-on chicken drumsticks
- ☐ 10 ounces cremini mushrooms quartered
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 large onion quartered

- ☐ 1 bunch parsley stems
- ☐ 1500 milliliter red wine divided
- ☐ 0.8 teaspoon salt
- ☐ 7 thyme sprigs
- ☐ 3.5 pound meat from a rotisserie chicken whole quartered

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ stove
- ☐ broiler pan

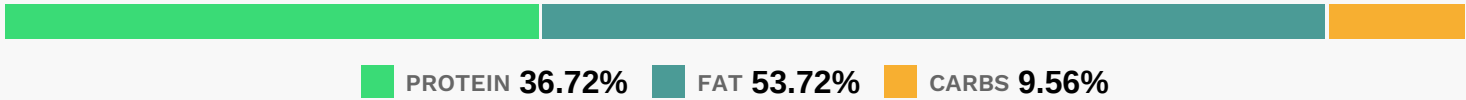
Directions

- ☐ Preheat oven to 450
- ☐ To prepare broth, arrange chicken drumsticks, carrots, and onion in a single layer in the bottom of 2 broiler pans or roasting pans coated with cooking spray.
- ☐ Bake at 450 for 30 minutes. Turn chicken over; rotate pans on oven racks.
- ☐ Bake 30 minutes or until browned.
- ☐ Transfer chicken and vegetables to a 6-quart stockpot. Carefully discard drippings from broiler pans, leaving browned bits.
- ☐ Place 1 broiler pan on stovetop; add 2 cups wine to pan. Bring to a boil over medium-high heat. Reduce heat; simmer 2 minutes, scraping pan to loosen browned bits. Carefully pour contents of broiler pan into stockpot. Repeat procedure with remaining broiler pan and 2

cups wine.

- ☐ Add remaining wine, thyme, parsley, and bay leaf to stockpot; bring to a simmer over medium-high heat. Reduce heat to low, and simmer gently 2 hours, skimming foam and fat from the surface occasionally. Strain broth through a fine sieve into a large bowl. Discard solids. Cover and chill broth for 8 hours or overnight. Skim solidified fat from surface of broth; discard fat.
- ☐ To prepare chicken, heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken quarters to pan; cook 5 minutes on each side or until browned.
- ☐ Remove chicken from pan. Wipe drippings from pan with paper towels.
- ☐ Add chicken quarters, mushrooms, and broth to pan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until chicken is done.
- ☐ Remove chicken from pan; cover and keep warm.
- ☐ Simmer broth mixture until liquid is reduced to about 1 1/2 cups (about 25 minutes).
- ☐ Combine flour and butter, stirring with a fork until a paste forms.
- ☐ Add flour mixture to pan, stirring with a whisk; simmer 4 minutes or until slightly thickened. Stir in salt and pepper. Spoon sauce over chicken; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:84.96, Glycemic Load:3.22, Inflammation Score:-10, Nutrition Score:48.325217495794%

Flavonoids

Apigenin: 35.06mg, Apigenin: 35.06mg, Apigenin: 35.06mg, Apigenin: 35.06mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 2.44mg, Myricetin: 2.44mg, Myricetin: 2.44mg, Myricetin: 2.44mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 1307.58kcal (65.38%), Fat: 60.14g (92.53%), Saturated Fat: 17.53g (109.56%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 21.13g (7.68%), Sugar: 4.66g (5.18%), Cholesterol: 430mg (143.33%), Sodium: 947.9mg

(41.21%), Alcohol: 41.52g (100%), Alcohol %: 5.07% (100%), Protein: 92.5g (185.01%), Vitamin K: 282.52µg (269.06%), Vitamin A: 7963.84IU (159.28%), Vitamin B3: 31.11mg (155.54%), Selenium: 105.74µg (151.06%), Vitamin B6: 1.87mg (93.56%), Phosphorus: 907.63mg (90.76%), Vitamin B2: 1.15mg (67.62%), Zinc: 9.49mg (63.25%), Vitamin B5: 6.17mg (61.71%), Potassium: 1632.31mg (46.64%), Vitamin C: 32.37mg (39.24%), Vitamin B12: 2.34µg (38.98%), Copper: 0.7mg (35.12%), Vitamin B1: 0.5mg (33.25%), Magnesium: 125.21mg (31.3%), Iron: 5.54mg (30.77%), Folate: 81.34µg (20.34%), Manganese: 0.39mg (19.61%), Fiber: 2.97g (11.89%), Calcium: 116.83mg (11.68%), Vitamin E: 1.61mg (10.72%), Vitamin D: 0.76µg (5.04%)