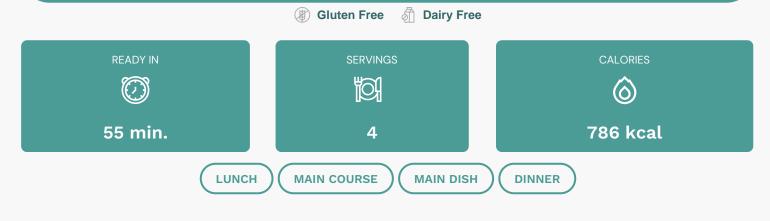


Chicken with Shallots, Prunes, and Armagnac



Ingredients

4 pound chicken free-range
1.3 cups chicken broth organic
2 tablespoons olive oil
1 cup prune- cut to pieces pitted (20)
12 large shallots peeled
1 teaspoon sherry vinegar
3 large thyme sprigs fresh chopped
0.7 cup brandy divided

Equipment		
	frying pan	
	sauce pan	
Directions		
	Boil prunes with 1/3 cup Armagnac in small saucepan until almost all liquid is absorbed, about 3 minutes. Cover and set aside.	
	Heat oil in heavy large skillet over medium-high heat.	
	Sprinkle chicken with salt and pepper.	
	Add to skillet, skin side down; cook until browned, about 5 minutes per side.	
	Transfer to plate.	
	Pour off all but 2 tablespoons drippings.	
	Add shallots; cook until browned in spots, about 5 minutes.	
	Add remaining 1/3 cup Armagnac; boil 30 seconds, scraping up browned bits.	
	Add broth, prunes, and thyme sprigs; bring to boil.	
	Add chicken in single layer, skin side up, and any accumulated juices. Cover, reduce heat to medium, and simmer until chicken is cooked through, about 17 minutes.	
	Transfer chicken to plate.	
	Stir vinegar into sauce; simmer until thickened, 3 minutes.	
	Remove thyme sprigs. Season with salt and pepper.	
	Pour sauce over chicken.	
	Sprinkle with chopped thyme.	
	One serving contains the following: Calories (kcal) 580.57; % Calories from Fat 45.3; Fat (g) 29.22; Saturated Fat (g) 7.28; Cholesterol (mg) 143.25; Carbohydrates (g) 32.53; Dietary Fiber (g) 3.26; Total Sugars (g) 17.52; Net Carbs (g) 29.27; Protein (g) 47.14	
	Bon Appétit	

Nutrition Facts

Properties

Glycemic Index:29.75, Glycemic Load:10.26, Inflammation Score:-9, Nutrition Score:23.462608544723%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 786.19kcal (39.31%), Fat: 40.2g (61.84%), Saturated Fat: 10.41g (65.09%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 35.31g (12.84%), Sugar: 22.79g (25.32%), Cholesterol: 164.76mg (54.92%), Sodium: 435.44mg (18.93%), Alcohol: 13.36g (100%), Alcohol %: 3.69% (100%), Protein: 43.83g (87.66%), Vitamin B3: 15.95mg (79.77%), Vitamin B6: 1.11mg (55.65%), Selenium: 32.68µg (46.68%), Phosphorus: 400.5mg (40.05%), Vitamin K: 33.96µg (32.35%), Potassium: 999.56mg (28.56%), Vitamin B5: 2.39mg (23.92%), Vitamin B2: 0.41mg (23.86%), Zinc: 3.42mg (22.83%), Fiber: 5.59g (22.37%), Manganese: 0.44mg (22.24%), Magnesium: 79.11mg (19.78%), Iron: 3.51mg (19.48%), Copper: 0.32mg (15.82%), Vitamin B1: 0.22mg (14.4%), Vitamin A: 684.65IU (13.69%), Vitamin C: 10.95mg (13.27%), Vitamin E: 1.91mg (12.72%), Vitamin B12: 0.69µg (11.49%), Folate: 40.64µg (10.16%), Calcium: 76.52mg (7.65%), Vitamin D: 0.44µg (2.9%)