



Chicken with Shallots, Prunes, and Armagnac



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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



 PROTEIN **25.02%**  FAT **51.63%**  CARBS **23.35%**

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, Delphinidin: 0.02mg 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, 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%)