



Coq au Vin

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon bacon bits
- 1 bay leaf
- 1 cup carrots thinly sliced
- 0.5 teaspoon chicken soup base
- 0.8 teaspoon marjoram dried crushed
- 0.8 teaspoon thyme leaves dried crushed
- 0.1 cup flour all-purpose
- 1 tablespoon parsley fresh chopped

- 2 cloves garlic minced
- 0.1 teaspoon ground pepper black
- 2 cups mushrooms fresh whole
- 16 pearl onions peeled
- 4 chicken breast halves boneless skinless
- 1.5 cups water cold
- 1 cup burgundy wine

Equipment

- bowl
- frying pan
- whisk
- slotted spoon

Directions

- Spray a large non-stick skillet with cooking spray.
- Saute chicken over medium heat for about 15 minutes, or until lightly browned on both sides.
- Add the mushrooms, carrot, wine, onions, bacon bits, parsley, garlic, marjoram, thyme, bouillon, pepper and bay leaf. Bring to a boil, then reduce heat to low; cover and simmer for 25 minutes, or until chicken is cooked through and no longer pink inside.
- Using a slotted spoon, transfer chicken, mushrooms, carrot, and onions to a platter, discarding bay leaf; cover to keep warm and set aside.
- In a small bowl combine flour and water and whisk together. Stir mixture into skillet and cook until thick and bubbly, 5 to 10 minutes. Cook and stir 1 minute more and pour mixture over chicken and veggies.
- Serve warm.

Nutrition Facts



PROTEIN 48.2% **FAT 14.75%** **CARBS 37.05%**

Properties

Glycemic Index:72.46, Glycemic Load:6.4, Inflammation Score:-10, Nutrition Score:24.89739155251%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 24.46mg, Quercetin: 24.46mg, Quercetin: 24.46mg, Quercetin: 24.46mg

Nutrients (% of daily need)

Calories: 276.91kcal (13.85%), Fat: 3.85g (5.92%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 17.88g (6.5%), Sugar: 8.11g (9.01%), Cholesterol: 72.35mg (24.12%), Sodium: 259.49mg (11.28%), Alcohol: 6.24g (100%), Alcohol %: 1.68% (100%), Protein: 28.29g (56.58%), Vitamin A: 5477.13IU (109.54%), Vitamin B3: 14.37mg (71.86%), Selenium: 43.13µg (61.61%), Vitamin B6: 1.14mg (57.08%), Phosphorus: 348.45mg (34.84%), Potassium: 929.56mg (26.56%), Vitamin B5: 2.62mg (26.18%), Vitamin K: 24.8µg (23.62%), Vitamin B2: 0.4mg (23.29%), Manganese: 0.39mg (19.7%), Vitamin C: 15.08mg (18.28%), Vitamin B1: 0.24mg (15.79%), Fiber: 3.86g (15.46%), Magnesium: 61.18mg (15.29%), Copper: 0.29mg (14.33%), Folate: 53.8µg (13.45%), Iron: 1.78mg (9.87%), Zinc: 1.38mg (9.17%), Calcium: 64.03mg (6.4%), Vitamin B12: 0.27µg (4.45%), Vitamin E: 0.6mg (4.02%), Vitamin D: 0.21µg (1.39%)