



Coq au Vin

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 strips.
- 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- 2 cups wine such as cabernet sauvignon
- 1 serving salt and pepper freshly ground
- 8 ounces bacon cut into ½-inch dice
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 medium onion finely chopped
- 8 garlic clove thinly sliced

- 10 pearl onions white peeled
- 0.5 pound crimini mushrooms
- 3 tablespoons flour all-purpose
- 1 tablespoon tomato paste
- 2 tablespoons cognac
- 1 chicken livers coarsely chopped
- 2 bay leaves
- 5 thyme sprigs fresh

Equipment

- bowl
- oven
- pot
- dutch oven

Directions

- Place chicken in a large bowl, and add wine. Cover, and refrigerate overnight.
- Preheat oven to 325 degrees.
- Remove chicken from wine, and pat dry; reserve wine. Season chicken with salt and pepper.
- Cook bacon in a Dutch oven over medium-low heat until crisp, about 20 minutes.
- Transfer bacon to a plate, leaving drippings in pot. (You should have 3 tablespoons; you may need to add oil.)
- Raise heat to medium-high. Working in batches, cook chicken, flipping once, until golden, 4 to 5 minutes per side.
- Transfer to a plate.
- Add onion to pot, and cook 4 to 5 minutes.
- Add garlic, and cook 2 minutes.
- Add pearl onions and mushrooms, and cook until brown, 3 to 4 minutes. Stir in flour and tomato paste, and cook 2 minutes.

- Add Cognac, and cook, stirring, 1 minute.
- Return bacon and chicken to pot.
- Pour in reserved wine, and add chicken liver and herbs. Bring to a simmer. Cover, and place in oven until chicken has cooked through and vegetables are tender, 45 minutes to 1 hour. Discard herbs, and skim fat from surface.
- Yunhee Kim

Nutrition Facts

PROTEIN 21.73%

FAT 68.38%

CARBS 9.89%

Properties

Glycemic Index:44, Glycemic Load:4.07, Inflammation Score:-9, Nutrition Score:23.585217123446%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg

Nutrients (% of daily need)

Calories: 713.34kcal (35.67%), Fat: 48.76g (75.01%), Saturated Fat: 13.28g (83%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 14.07g (5.12%), Sugar: 3.92g (4.36%), Cholesterol: 203.94mg (67.98%), Sodium: 444.98mg (19.35%), Alcohol: 10.07g (100%), Alcohol %: 3.07% (100%), Protein: 34.86g (69.72%), Selenium: 53.3µg (76.14%), Vitamin B3: 11.66mg (58.3%), Vitamin B6: 0.88mg (43.94%), Phosphorus: 407.03mg (40.7%), Vitamin B12: 2.41µg (40.1%), Vitamin B2: 0.62mg (36.26%), Vitamin B5: 2.98mg (29.84%), Vitamin B1: 0.35mg (23.48%), Zinc: 3.49mg (23.24%), Potassium: 742.11mg (21.2%), Vitamin A: 1048.19IU (20.96%), Folate: 78.99µg (19.75%), Copper: 0.39mg (19.27%), Manganese: 0.31mg (15.45%), Iron: 2.73mg (15.16%), Magnesium: 51.11mg (12.78%), Vitamin C: 9.72mg (11.79%), Vitamin E: 1.71mg (11.38%), Vitamin K: 8.43µg (8.03%), Fiber: 1.81g (7.23%), Calcium: 51.26mg (5.13%), Vitamin D: 0.35µg (2.33%)