



## Coq au Vin

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 slices bacon chopped
- 2 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 1 cup carrots chopped
- 16 ounce chicken breast halves
- 8 ounce skin-on chicken drumsticks
- 8 ounce chicken thighs
- 0.5 cup plums dried pitted quartered

- 0.5 teaspoon rosemary dried crushed
- 1 teaspoon thyme leaves dried
- 2.3 ounces flour all-purpose
- 2 cups red wine
- 1 teaspoon salt
- 1 cup onion yellow chopped

## Equipment

- bowl
- frying pan
- slotted spoon
- dutch oven

## Directions

- Combine first 10 ingredients in a large bowl; cover and marinate in refrigerator at least 4 hours or up to 24 hours.
- Remove the chicken from marinade, reserving marinade, and pat chicken dry.
- Place flour in a shallow dish. Dredge the chicken in flour; set aside.
- Cook bacon in a large Dutch oven over medium-high heat until crisp.
- Remove bacon from pan, reserving drippings in pan; set bacon aside.
- Add half of chicken to pan; cook 4 minutes, browning on all sides.
- Remove chicken from pan. Repeat procedure with remaining chicken.
- Remove onion and carrot from marinade with a slotted spoon, reserving marinade.
- Add onion and carrot to pan; saut for 5 minutes or until softened. Stir in marinade, scraping pan to loosen browned bits.
- Add chicken, bacon, dried plums, and bay leaves; bring to a simmer. Cover, reduce heat, and simmer 1 hour and for 20 minutes or until chicken is tender. Discard bay leaves.
- Garnish with parsley, if desired.

## Nutrition Facts



■ PROTEIN 33.83% ■ FAT 38.56% ■ CARBS 27.61%

## Properties

Glycemic Index:73.71, Glycemic Load:14.73, Inflammation Score:-10, Nutrition Score:30.625217318535%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 625.53kcal (31.28%), Fat: 22.82g (35.11%), Saturated Fat: 6.39g (39.94%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 33.04g (12.01%), Sugar: 12.29g (13.66%), Cholesterol: 173.98mg (57.99%), Sodium: 934.75mg (40.64%), Alcohol: 12.72g (100%), Alcohol %: 3.53% (100%), Protein: 45.04g (90.09%), Vitamin A: 5635.16IU (112.7%), Vitamin B3: 18.96mg (94.79%), Selenium: 63.55µg (90.78%), Vitamin B6: 1.43mg (71.46%), Phosphorus: 498.13mg (49.81%), Potassium: 1148.52mg (32.81%), Vitamin B5: 3.01mg (30.14%), Vitamin B2: 0.45mg (26.62%), Manganese: 0.52mg (26.06%), Vitamin B1: 0.37mg (24.95%), Vitamin K: 24.92µg (23.73%), Magnesium: 85.58mg (21.39%), Zinc: 2.83mg (18.89%), Iron: 3.14mg (17.47%), Fiber: 3.72g (14.9%), Vitamin B12: 0.88µg (14.69%), Folate: 53.16µg (13.29%), Copper: 0.22mg (11.16%), Vitamin C: 6.5mg (7.87%), Calcium: 62.7mg (6.27%), Vitamin E: 0.82mg (5.47%), Vitamin D: 0.27µg (1.83%)