



Coq au Vin

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth canned (such as Swanson Natural Goodness)
- 2 pound chicken breast cooked cut into 2 breasts and 2 legs (discard backbone) (such as Tyson)
- 4 ounces cremini white
- 2 tablespoons olive oil
- 1 cup onions frozen thawed (such as Birds Eye)
- 1.8 ounces garlic-and-herb salad-dressing mix good (such as Seasons)
- 1 cup red wine

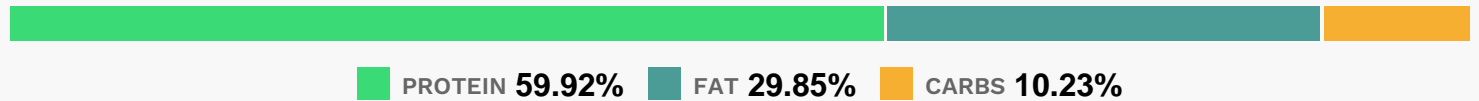
Equipment

oven

Directions

- Heat the oil in a large oven-safe casserole over medium-high heat.
- Add the mushrooms and saute until brown, 3 to 5 minutes.
- Add the salad-dressing mix and onions and toss to coat evenly. Stir in the wine and broth and cook until blended.
- Add the chicken. Cover, reduce heat to low, and simmer 15 minutes, turning pieces halfway through.
- Remove the chicken and vegetables. Increase heat to high and boil the sauce until reduced and slightly thickened.
- Pour over the chicken.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.26, Inflammation Score:-6, Nutrition Score:24.566521515017%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 591.22kcal (29.56%), Fat: 17.31g (26.63%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 12.38g (4.5%), Sugar: 2.63g (2.92%), Cholesterol: 205.59mg (68.53%), Sodium: 1227.12mg (53.35%), Alcohol: 6.36g (100%), Alcohol %: 2.01% (100%), Protein: 78.19g (156.39%), Vitamin B3: 32.92mg (164.59%), Selenium: 70.27µg (100.38%), Vitamin B6: 1.52mg (76.06%), Phosphorus: 606.08mg (60.61%), Vitamin B5: 2.68mg (26.8%), Vitamin B2: 0.43mg (25.15%), Potassium: 844.63mg (24.13%), Zinc: 3.21mg (21.39%), Magnesium: 84.39mg (21.1%), Iron: 3.23mg (17.96%), Vitamin B12: 1.04µg (17.31%), Vitamin B1: 0.2mg (13.54%), Copper: 0.24mg (11.81%), Vitamin E: 1.71mg (11.42%), Manganese: 0.18mg (9.13%), Folate: 22.6µg (5.65%), Vitamin K: 5.88µg (5.6%), Calcium: 52.53mg (5.25%), Vitamin C: 3.56mg (4.31%), Fiber: 0.96g (3.85%), Vitamin D: 0.31µg (2.06%), Vitamin A: 94.98IU (1.9%)