



Coq au Vin

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 3 bay leaves
- ☐ 2 carrots cut in 2-inch pieces
- ☐ 2 chicken breasts
- ☐ 2 cups chicken broth
- ☐ 0.3 cup cognac
- ☐ 0.5 cup flour
- ☐ 6 servings parsley fresh chopped for garnish

- ☐ 5 sprigs thyme leaves fresh
- ☐ 2 legs
- ☐ 2 cloves garlic chopped
- ☐ 2 teaspoons herbs de provence
- ☐ 2 cups mushrooms
- ☐ 2 cups pearl onions peeled
- ☐ 6 servings salt and pepper
- ☐ 1 bottle burgundy wine

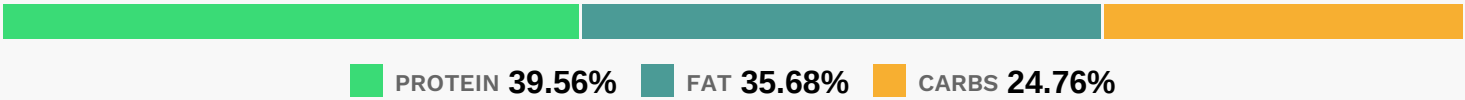
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large, heavy skillet or Dutch oven, fry the bacon over medium heat until crisp.
- ☐ Transfer bacon to paper towels to drain. Coat chicken pieces in flour, salt and pepper. Brown chicken in hot bacon fat on both sides.
- ☐ Add garlic, onions, mushrooms and carrots.
- ☐ Saute 2 minutes to soften.
- ☐ Pour cognac into a small glass.
- ☐ Remove pan from heat, pour in cognac, put pan back on the flame. Flambe by lighting a long match and holding it just above the pot and light the fumes. The brandy will catch fire and the flames will burn out within 1 minute. When the flames die down, gradually stir in the wine and broth. When the wine is well blended, add the herbs. Cover and simmer for 1 hour.
- ☐ Remove cover and continue to simmer for 15 minutes to allow the sauce to reduce a bit. You may want to add 1 tablespoon of tomato paste or cornstarch to aid in the thickening process.
- ☐ To serve, top the chicken and vegetables with reserved crumbled bacon and fresh parsley.

Nutrition Facts



Properties

Glycemic Index:52.97, Glycemic Load:8.94, Inflammation Score:-10, Nutrition Score:25.222174224646%

Flavonoids

Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 3.95mg, Isorhamnetin: 3.95mg, Isorhamnetin: 3.95mg, Isorhamnetin: 3.95mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg

Nutrients (% of daily need)

Calories: 493.05kcal (24.65%), Fat: 14.91g (22.94%), Saturated Fat: 4.19g (26.19%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 20.36g (7.4%), Sugar: 6.34g (7.05%), Cholesterol: 125.01mg (41.67%), Sodium: 760.16mg (33.05%), Alcohol: 16.34g (100%), Alcohol %: 4.07% (100%), Protein: 37.2g (74.4%), Vitamin A: 3820.46IU (76.41%), Vitamin B3: 14.3mg (71.49%), Vitamin K: 74.51µg (70.97%), Selenium: 47.24µg (67.48%), Vitamin B6: 0.85mg (42.65%), Phosphorus: 282.07mg (28.21%), Manganese: 0.49mg (24.54%), Vitamin B2: 0.39mg (22.72%), Potassium: 773.2mg (22.09%), Iron: 3.77mg (20.95%), Vitamin C: 16.63mg (20.16%), Vitamin B5: 1.91mg (19.11%), Vitamin B1: 0.28mg (18.46%), Magnesium: 55.76mg (13.94%), Folate: 55.1µg (13.78%), Fiber: 2.92g (11.67%), Copper: 0.22mg (11.13%), Zinc: 1.35mg (8.97%), Calcium: 68.3mg (6.83%), Vitamin B12: 0.25µg (4.21%), Vitamin E: 0.45mg (3.02%), Vitamin D: 0.2µg (1.32%)