



Coq au Vin

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



3295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup flour all-purpose
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 10.5 lb irish oats
- 8 slices bacon
- 0.8 cup onion whole frozen (from 16-oz bag)
- 8 oz mushrooms sliced
- 1 cup chicken broth (from 32-oz carton)

- 1 cup red wine dry red
- 0.5 teaspoon salt
- 4 medium carrots cut into 2-inch pieces
- 1 clove garlic finely chopped
- 1 serving bouquet garnic

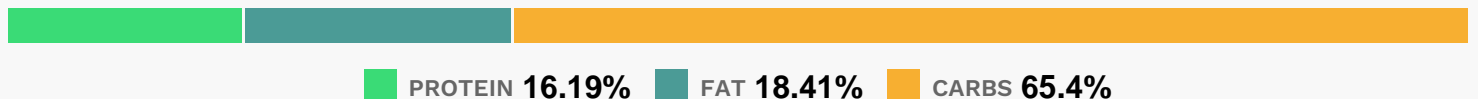
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Mix flour, 1 teaspoon salt and the pepper. Coat chicken with flour mixture.
- Cook bacon in 12-inch skillet over medium heat until crisp.
- Remove bacon with slotted spoon and drain on paper towels; set aside. Cook chicken in bacon fat over medium heat about 15 minutes or until brown on all sides.
- Move chicken to one side of skillet; add onions and mushrooms to other side. Cook over medium-high heat, stirring occasionally, until mushrooms are tender.
- Drain fat from skillet.
- Crumble bacon. Stir bacon and remaining ingredients into vegetables.
- Heat to boiling; reduce heat. Cover and simmer about 35 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Remove bouquet garnic; skim off excess fat.

Nutrition Facts



Properties

Glycemic Index:52.47, Glycemic Load:256.79, Inflammation Score:-10, Nutrition Score:22.699565151463%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 3295kcal (164.75%), Fat: 67.65g (104.08%), Saturated Fat: 11.9g (74.39%), Carbohydrates: 540.76g (180.25%), Net Carbohydrates: 451.2g (164.07%), Sugar: 3.98g (4.42%), Cholesterol: 20.14mg (6.71%), Sodium: 953.65mg (41.46%), Alcohol: 4.24g (100%), Alcohol %: 0.53% (100%), Protein: 133.89g (267.78%), Fiber: 89.55g (358.21%), Iron: 34.19mg (189.95%), Vitamin A: 6820.56IU (136.41%), Calcium: 428.79mg (42.88%), Selenium: 13.4µg (19.15%), Vitamin B3: 3.77mg (18.84%), Vitamin B2: 0.29mg (17.23%), Vitamin B1: 0.24mg (16.08%), Manganese: 0.28mg (13.82%), Phosphorus: 118.2mg (11.82%), Potassium: 412.38mg (11.78%), Vitamin B6: 0.23mg (11.66%), Folate: 37.9µg (9.48%), Copper: 0.19mg (9.44%), Vitamin B5: 0.93mg (9.3%), Vitamin K: 6.82µg (6.5%), Vitamin C: 4.91mg (5.96%), Zinc: 0.84mg (5.63%), Magnesium: 22.14mg (5.54%), Vitamin E: 0.43mg (2.86%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.19µg (1.29%)