



Coq au Vin

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



1052 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 6 servings bouquet garnic
- 4 medium carrots cut into 2-inch pieces
- 10.5 lb chicken
- 1 cup chicken broth (from 32-oz carton)
- 0.5 cup flour all-purpose
- 1 clove garlic finely chopped
- 8 oz mushrooms sliced

- 0.8 cup onion whole frozen (from 16-oz bag)
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1 cup red wine dry red

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 garni; skim off excess fat.

Nutrition Facts

 **PROTEIN 30.94%**  **FAT 62.16%**  **CARBS 6.9%**

Properties

Glycemic Index:42.97, Glycemic Load:7.94, Inflammation Score:-10, Nutrition Score:36.333043554555%

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: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg 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: 1052.43kcal (52.62%), Fat: 69.53g (106.97%), Saturated Fat: 20.39g (127.44%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 14.79g (5.38%), Sugar: 4.01g (4.46%), Cholesterol: 305.91mg (101.97%), Sodium: 1221.01mg (53.09%), Alcohol: 4.24g (100%), Alcohol %: 0.89% (100%), Protein: 77.86g (155.72%), Vitamin B3: 29.72mg (148.58%), Vitamin A: 7421.22IU (148.42%), Selenium: 68.31µg (97.58%), Vitamin B6: 1.58mg (78.84%), Phosphorus: 680.85mg (68.08%), Vitamin B2: 0.75mg (44.28%), Vitamin B5: 4.4mg (43.97%), Zinc: 5.87mg (39.11%), Potassium: 1145.19mg (32.72%), Vitamin B1: 0.47mg (31.48%), Iron: 5.45mg (30.25%), Magnesium: 101.23mg (25.31%), Vitamin B12: 1.35µg (22.51%), Manganese: 0.39mg (19.7%), Copper: 0.38mg (19.06%), Vitamin K: 17.72µg (16.87%), Folate: 63.05µg (15.76%), Vitamin C: 11.44mg (13.87%), Vitamin E: 1.59mg (10.57%), Fiber: 2.57g (10.29%), Calcium: 90.4mg (9.04%), Vitamin D: 0.95µg (6.37%)