



Coq au Vin alla Italiana

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes whole peeled canned
- 3 carrots sliced
- 4 pounds chicken pieces dark
- 0.5 teaspoon rosemary dried
- 0.5 cup flour all-purpose
- 0.5 pound mushrooms fresh sliced
- 0.5 pound mushrooms fresh sliced
- 5 cloves garlic crushed

- 12 ounce sausage sweet italian sliced
- 1 cup onion chopped
- 1 teaspoon poultry seasoning
- 1 cup red wine
- 8 servings salt and pepper to taste
- 1 tablespoon vegetable oil

Equipment

- frying pan

Directions

- In a large skillet, heat oil.
- Add 1/2 of the garlic. Season flour with poultry seasoning. Dredge chicken parts in flour, then brown in the skillet for 4 or 5 minutes.
- Add the sausage, and saute for a few minutes.
- Add the onion, carrots, mushrooms, rosemary and the remaining garlic. Stir all together.
- Add the wine and tomatoes; stir. Cover and let simmer over low heat for 25 minutes. Season with salt and pepper to taste and let simmer for another 10 minutes.
- Let cool covered for 10 minutes, then serve.

Nutrition Facts



PROTEIN 27.14% **FAT 61.68%** **CARBS 11.18%**

Properties

Glycemic Index:44.48, Glycemic Load:6.23, Inflammation Score:-10, Nutrition Score:25.515217490818%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg

Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 589.85kcal (29.49%), Fat: 38.69g (59.52%), Saturated Fat: 11.77g (73.59%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 13.43g (4.88%), Sugar: 4.51g (5.01%), Cholesterol: 147.98mg (49.33%), Sodium: 707.24mg (30.75%), Alcohol: 3.18g (100%), Alcohol %: 1.03% (100%), Protein: 38.3g (76.6%), Vitamin A: 4105.47IU (82.11%), Vitamin B3: 15.08mg (75.4%), Selenium: 41.19µg (58.85%), Vitamin B6: 0.89mg (44.31%), Phosphorus: 378.06mg (37.81%), Vitamin B2: 0.58mg (34.23%), Vitamin B1: 0.49mg (32.98%), Vitamin B5: 2.67mg (26.71%), Potassium: 834.16mg (23.83%), Zinc: 3.36mg (22.43%), Iron: 3.41mg (18.93%), Copper: 0.36mg (18.22%), Manganese: 0.32mg (16.03%), Vitamin C: 12.74mg (15.44%), Vitamin B12: 0.89µg (14.8%), Magnesium: 58.66mg (14.67%), Folate: 49.57µg (12.39%), Vitamin K: 12.22µg (11.64%), Fiber: 2.34g (9.37%), Vitamin E: 1.12mg (7.48%), Calcium: 64.05mg (6.41%), Vitamin D: 0.42µg (2.81%)