



Coq Au Vin, My Way

 **Gluten Free**

READY IN



150 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 cloves garlic crushed
- 0.3 cup gruyere cheese shredded
- 1 cup heavy whipping cream
- 1 tablespoon seasoning italian
- 3 tablespoons olive oil
- 4 portabello mushrooms sliced
- 6 chicken thighs skinless

- 1 onion sweet chopped
- 3 medium tomatoes sliced
- 0.3 cup cooking wine

Equipment

- frying pan
- oven
- whisk
- baking pan

Directions

- Heat oil in a large skillet over medium heat.
- Add the chicken thighs, crushed garlic, and Italian seasoning. Brown the chicken thighs on both sides, then add the tomatoes and portobello mushrooms. Season with salt and pepper. Reduce heat to low, cover, and simmer for about 30 minutes.
- Strain off about half of the liquid from the skillet, and pour in the Burgundy wine. Cover, and simmer for another 30 minutes.
- Remove the chicken, tomatoes and mushrooms to a 8 or 9 inch square baking dish. Cover with sliced onion, and set aside.
- Preheat the oven to 350 degrees F (175 degrees C). Bring the liquid remaining in the skillet to the boiling point over medium-low heat. Gently whisk in the heavy cream and Gruyere cheese.
- Remove from the heat, and stir until smooth. If the sauce is not thick enough, whisk in the cornstarch, and simmer over very low heat until it thickens.
- Pour the sauce over the chicken in the baking dish.
- Bake for 30 minutes in the preheated oven, until onions are tender.
- Let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:19.61652156581%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 410.58kcal (20.53%), Fat: 28.16g (43.32%), Saturated Fat: 12.36g (77.26%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 8.93g (3.25%), Sugar: 7.12g (7.91%), Cholesterol: 158.22mg (52.74%), Sodium: 164.33mg (7.14%), Alcohol: 1.39g (100%), Alcohol %: 0.5% (100%), Protein: 26.88g (53.75%), Selenium: 38.44µg (54.91%), Vitamin B3: 9.37mg (46.85%), Vitamin B6: 0.75mg (37.71%), Phosphorus: 363.68mg (36.37%), Vitamin A: 1191.3IU (23.83%), Vitamin B2: 0.39mg (23.21%), Vitamin B5: 2.26mg (22.58%), Potassium: 766.44mg (21.9%), Vitamin K: 19.68µg (18.74%), Zinc: 2.56mg (17.04%), Copper: 0.31mg (15.52%), Vitamin B12: 0.9µg (15.04%), Manganese: 0.29mg (14.37%), Vitamin C: 11.64mg (14.11%), Vitamin E: 2.1mg (14.02%), Vitamin B1: 0.2mg (13.06%), Calcium: 128.49mg (12.85%), Magnesium: 47.01mg (11.75%), Folate: 46.44µg (11.61%), Iron: 1.88mg (10.45%), Fiber: 2.42g (9.69%), Vitamin D: 0.84µg (5.57%)