

Coq en Daube

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



1104 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 carrots finely sliced
- 1 pinch ground cloves
- 3 cloves garlic
- 4 pound fowl cut in serving pieces
- 2 leek sliced
- 6 tablespoons olive oil
- 1 large onion sliced

- 1 piece orange zest
- 1 piece fatty pork
- 4 servings red wine
- 1 teaspoon salt
- 1 teaspoon thyme leaves

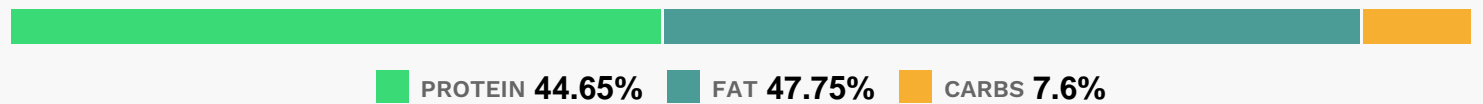
Equipment

- bowl
- oven
- stove

Directions

- Place chicken pieces in a shallow bowl with the carrots, onion, garlic, leek, salt, pepper, cloves, ginger, thyme, and just enough red wine to cover. Marinate for 24 hours in the refrigerator.
- To cook, brown the drained chicken in olive oil until nicely covered on all sides.
- Place in a deep casserole with pig's foot or pork skin and a tiny piece of orange rind. Strain marinade and add just enough to cover the chicken (if more liquid is needed, add red wine). Cover casserole and simmer on top of the stove or in a 300°F oven for 3 to 4 hours.
- Remove chicken to a hot platter, skin fat from juices and pour them over chicken.
- Serve with noodles, macaroni or any pasta and asparagus or endive. To serve cold, arrange chicken in a bowl, pour juices over it and chill until jellied. With this, drink Volnay.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:40.461739083995%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg Peonidin: 1.84mg, Peonidin:

1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 1104.47kcal (55.22%), Fat: 51.71g (79.56%), Saturated Fat: 11.42g (71.35%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 15.67g (5.7%), Sugar: 5.71g (6.34%), Cholesterol: 339.62mg (113.21%), Sodium: 926.79mg (40.3%), Alcohol: 15.58g (100%), Alcohol %: 2.64% (100%), Protein: 108.8g (217.61%), Vitamin B3: 35.92mg (179.62%), Vitamin A: 6297.86IU (125.96%), Selenium: 76.62µg (109.46%), Vitamin B6: 2.06mg (102.79%), Phosphorus: 779.97mg (78%), Vitamin B5: 4.3mg (42.97%), Potassium: 1336.02mg (38.17%), Zinc: 5.69mg (37.96%), Vitamin K: 39.21µg (37.35%), Manganese: 0.71mg (35.44%), Magnesium: 141.3mg (35.33%), Vitamin B2: 0.57mg (33.58%), Iron: 5.96mg (33.13%), Vitamin B12: 1.58µg (26.35%), Vitamin C: 21.43mg (25.98%), Vitamin B1: 0.39mg (25.88%), Vitamin E: 3.66mg (24.39%), Folate: 67.11µg (16.78%), Copper: 0.31mg (15.74%), Calcium: 121.24mg (12.12%), Fiber: 2.86g (11.45%)