



Drunken Chicken ...heavy on the sauce

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



448 kcal

SAUCE

Ingredients

- 1 bay leaf
- 1 skin-on chicken breast bone-in cut into quarters
- 1 carrots peeled chopped
- 2 ribs celery with leafy tops, chopped
- 4 pieces meat chicken dark bone-in , skin on (2 thighs and 2 drummers)
- 4 servings ciabatta bread
- 3 cups cooking wine dry red
- 2 tablespoons evoo

- 1 cup herbs mixed fresh loosely packed chopped (parsley, sage, rosemary and thyme)
- 4 cloves garlic thinly sliced
- 1 onion peeled chopped
- 0.3 cup pinenuts toasted sliced
- 1 handful raisins
- 4 servings salt and pepper black freshly ground
- 2 tablespoons tomato paste

Equipment

- frying pan

Directions

- Watch how to make this recipe.
- Liberally sprinkle the chicken with salt and pepper.
- Heat a large cast-iron or heavy skillet over medium-high heat with EVOO, 2 turns of the pan. Brown the chicken well on both sides and remove to a plate.
- Add half of the herbs, the garlic, celery, bay leaf, carrots and onions to the skillet, season with salt and pepper, and cook 10 minutes, stirring frequently. Stir in the tomato paste and cook until fragrant, about 1 minute. Next add the wine and the raisins and bring to a bubble.
- Add the chicken back to skillet and cook, turning occasionally, 30 minutes at a simmer.
- Serve from the skillet or cool and store for make-ahead meal.
- To serve, top with the remaining herbs and pine nuts and serve with warm bread.

Nutrition Facts



PROTEIN 18.57% **FAT 40.71%** **CARBS 40.72%**

Properties

Glycemic Index:78.41, Glycemic Load:5.32, Inflammation Score:-10, Nutrition Score:19.259565374126%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 5.98mg, Petunidin: 5.98mg, Petunidin: 5.98mg, Petunidin: 5.98mg Delphinidin: 7.52mg, Delphinidin: 7.52mg, Delphinidin: 7.52mg, Delphinidin: 7.52mg Malvidin: 47.23mg, Malvidin: 47.23mg, Malvidin: 47.23mg, Malvidin: 47.23mg Peonidin: 3.33mg, Peonidin: 3.33mg, Peonidin: 3.33mg, Peonidin: 3.33mg Catechin: 13.93mg, Catechin: 13.93mg, Catechin: 13.93mg, Catechin: 13.93mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 19.22mg, Epicatechin: 19.22mg, Epicatechin: 19.22mg, Epicatechin: 19.22mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 32.9mg, Apigenin: 32.9mg, Apigenin: 32.9mg, Apigenin: 32.9mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 2.79mg, Myricetin: 2.79mg, Myricetin: 2.79mg, Myricetin: 2.79mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 447.6kcal (22.38%), Fat: 14.71g (22.63%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 29.43g (10.7%), Sugar: 3.54g (3.93%), Cholesterol: 29.68mg (9.89%), Sodium: 268.43mg (11.67%), Alcohol: 18.9g (100%), Alcohol %: 6.59% (100%), Protein: 15.1g (30.2%), Vitamin K: 259.34µg (246.99%), Vitamin A: 4064.95IU (81.3%), Vitamin C: 26.63mg (32.27%), Vitamin B3: 5.55mg (27.75%), Vitamin E: 3.23mg (21.5%), Vitamin B6: 0.4mg (20.13%), Manganese: 0.35mg (17.54%), Phosphorus: 151.63mg (15.16%), Potassium: 524.08mg (14.97%), Fiber: 3.67g (14.68%), Selenium: 9.03µg (12.9%), Iron: 2.17mg (12.08%), Magnesium: 47.87mg (11.97%), Folate: 43.86µg (10.96%), Vitamin B2: 0.18mg (10.41%), Copper: 0.19mg (9.33%), Calcium: 71.74mg (7.17%), Vitamin B1: 0.1mg (6.67%), Vitamin B5: 0.62mg (6.18%), Zinc: 0.92mg (6.17%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.18µg (1.22%)