

Easy Coq au Vin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon cut into 1-inch pieces
- 2 bay leaves
- 0.5 teaspoon pepper black divided freshly ground
- 8 ounces mushrooms quartered
- 0.5 cup carrots finely chopped
- 0.5 cup celery finely chopped
- 4 skin-on chicken drumsticks
- 4 strips.

- 0.3 cup parsley fresh chopped
- 1 teaspoon thyme sprigs fresh finely chopped
- 4 garlic clove minced
- 0.3 teaspoon kosher salt
- 2 cups beef broth fat-free
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 cup onion finely chopped
- 6 ounces pearl onions frozen
- 750 milliliter red wine
- 1 tablespoon tomato paste

Equipment

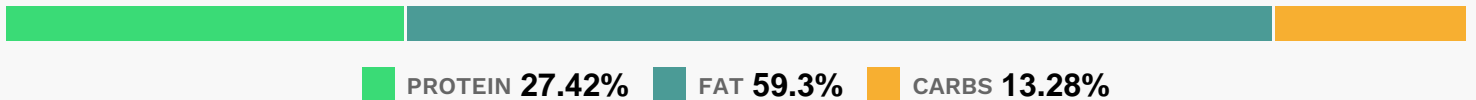
- frying pan

Directions

- Cook bacon in a large, deep skillet over medium heat until crisp.
- Remove bacon from pan. Reserve 2 tablespoons drippings in pan.
- Sprinkle chicken with salt and 1/4 teaspoon pepper.
- Add chicken to drippings in pan; cook 5 minutes on each side or until browned.
- Remove chicken from pan.
- Add onion and next 5 ingredients (through bay leaves); cook 5 minutes.
- Add tomato paste; cook 1 minute. Stir in wine; bring to a boil. Cook 10 minutes or until reduced by half, stirring occasionally. Return chicken to pan.
- Add broth; bring to a simmer. Cover and simmer 35 minutes or until chicken is done, turning after 20 minutes.
- Remove chicken from pan; cover.
- Heat a large heavy skillet over medium heat.
- Add olive oil to pan, and swirl to coat.

- Add button mushrooms and pearl onions; sprinkle with remaining 1/4 teaspoon pepper. Cook for 10 minutes or until golden, stirring occasionally.
- Remove from heat.
- Place chicken cooking liquid over medium-high heat; bring to a boil. Cook until reduced by half (about 10 minutes). Discard bay leaves. Stir in mushroom mixture. Return chicken to pan; simmer 5 minutes or until heated.
- Sprinkle with parsley and bacon.

Nutrition Facts



Properties

Glycemic Index:90.96, Glycemic Load:4.06, Inflammation Score:-10, Nutrition Score:30.317826022273%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg Peonidin: 2.38mg, Peonidin: 2.38mg, Peonidin: 2.38mg, Peonidin: 2.38mg Catechin: 13.58mg, Catechin: 13.58mg, Catechin: 13.58mg, Catechin: 13.58mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 3.37mg, Naringenin: 3.37mg, Naringenin: 3.37mg, Naringenin: 3.37mg Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 4.17mg, Isorhamnetin: 4.17mg, Isorhamnetin: 4.17mg, Isorhamnetin: 4.17mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 18.88mg, Quercetin: 18.88mg, Quercetin: 18.88mg, Quercetin: 18.88mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 723.9kcal (36.2%), Fat: 38.45g (59.16%), Saturated Fat: 10.42g (65.09%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 16.26g (5.91%), Sugar: 7.28g (8.09%), Cholesterol: 194.91mg (64.97%), Sodium: 746mg (32.43%), Alcohol: 20.16g (100%), Alcohol %: 3.63% (100%), Protein: 40.01g (80.02%), Vitamin K: 75.69µg (72.09%), Selenium: 47.03µg (67.18%), Vitamin A: 3271.59IU (65.43%), Vitamin B3: 12.77mg (63.84%), Vitamin B6: 1.05mg (52.39%), Phosphorus: 472.04mg (47.2%), Potassium: 1390.48mg (39.73%), Vitamin B2: 0.64mg (37.36%), Vitamin B5: 3.18mg (31.79%), Manganese: 0.57mg (28.33%), Zinc: 4mg (26.64%), Vitamin B1: 0.32mg (21.63%), Vitamin B12: 1.27µg (21.2%), Magnesium: 84.34mg (21.08%), Vitamin C: 16.26mg (19.7%), Copper: 0.39mg (19.68%), Iron: 3.29mg

(18.25%), Fiber: 3.12g (12.47%), Folate: 47.09µg (11.77%), Vitamin E: 1.35mg (8.98%), Calcium: 79.66mg (7.97%),
Vitamin D: 0.39µg (2.6%)