



Forty-Cloves-of-Garlic Chicken

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 0.5 cup less-sodium chicken broth fat-free divided
- ☐ 4 garlic heads
- ☐ 0.1 teaspoon pepper
- ☐ 3 pound broiler-fryer
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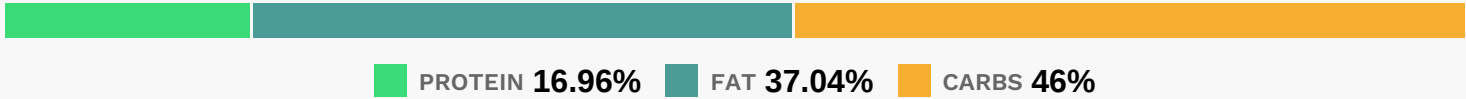
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Peel outer skin from garlic heads, and discard.
- ☐ Cut off top one-third of each garlic head. Separate garlic heads into 40 cloves. Reserve any remaining cloves for another use.
- ☐ Place 35 cloves in center of a piece of heavy-duty aluminum foil; coat garlic with cooking spray. Fold foil over garlic, sealing tightly. Set aside garlic packet and remaining 5 cloves.
- ☐ Place chicken, breast side up, on a rack in a shallow roasting pan.
- ☐ Place 5 reserved garlic cloves in cavity.
- ☐ Place garlic packet on rack in roasting pan.
- ☐ Bake, uncovered, at 375 for 20 minutes.
- ☐ Pour wine over chicken, and bake 40 minutes, basting occasionally with pan juices.
- ☐ Remove garlic from pan; let cool 10 minutes.
- ☐ Bake chicken 30 minutes or until done.
- ☐ Remove and discard papery skin from garlic. Squeeze pulp from garlic cloves into container of a mini food processor.
- ☐ Add 2 tablespoons broth; process until smooth, stopping once to scrape down sides.
- ☐ Combine remaining 1/2 cup broth, evaporated milk, and cornstarch in a small saucepan, stirring until smooth. Cook over medium-high heat 2 to 3 minutes, stirring occasionally. Stir garlic mixture and pepper into broth mixture.
- ☐ Serve chicken with garlic sauce.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.7204347706359%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 53.67kcal (2.68%), Fat: 1.63g (2.51%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 4.5g (1.63%), Sugar: 2.35g (2.61%), Cholesterol: 6.09mg (2.03%), Sodium: 101.1mg (4.4%), Alcohol: 2.06g (100%), Alcohol %: 4.13% (100%), Protein: 1.68g (3.36%), Calcium: 61.2mg (6.12%), Phosphorus: 51.61mg (5.16%), Vitamin B2: 0.08mg (4.45%), Manganese: 0.07mg (3.31%), Potassium: 92.12mg (2.63%), Vitamin B6: 0.05mg (2.4%), Magnesium: 7.84mg (1.96%), Vitamin B5: 0.18mg (1.78%), Selenium: 1.24µg (1.78%), Zinc: 0.21mg (1.43%), Vitamin C: 1.02mg (1.24%), Vitamin B12: 0.07µg (1.19%), Vitamin B1: 0.02mg (1.08%), Vitamin A: 50.6IU (1.01%)