



food
network

Frog Legs Provencal

READY IN



35 min.

SERVINGS



6

CALORIES



530 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup chicken stock see
- 6 servings rice steamed for serving
- 2 cups flour all-purpose
- 0.3 cup flat-leaf parsley fresh plus more for garnish, optional chopped
- 12 meaty frog legs
- 3 cloves garlic minced
- 5 tablespoons grapeseed oil
- 1 juice of lemon
- 6 servings kosher salt and pepper black freshly ground

- 6 servings lemon wedges for garnish, optional
- 1 large onion
- 1 cup sacramento tomato juice
- 3 tablespoons tomato paste
- 1 quart tomatoes fresh seeded
- 4 tablespoons butter unsalted
- 1 cup white wine

Equipment

- bowl
- frying pan
- pot

Directions

- For the provencal sauce: In a large saucepot, heat the grapeseed oil over medium-low heat.
- Add the tomatoes, garlic and onions and sweat until slightly softened, about 3 minutes. Deglaze with the white wine and simmer briefly.
- Add the chicken stock, tomato juice and tomato paste and cook an additional 3 minutes. Season with a pinch of kosher salt and black pepper. Reduce the heat to a low simmer and cook until the sauce slightly thickens.
- Mix together the flour, 2 tablespoons salt and 1 tablespoon pepper in a shallow bowl. Toss the legs in the seasoned flour and coat completely.
- Heat a saute pan over medium heat until hot.
- Add the grapeseed oil to the pan and saute the frog legs until golden brown, 4 to 5 minutes.
- Transfer the legs to the sauce and braise until the legs are cooked through and the sauce is slightly thickened, 4 to 5 minutes. Swirl in the butter, chopped parsley and lemon juice.
- Place some steamed rice in the center of each plate. Spoon some frog legs and sauce over the rice.
- Add additional parsley and lemon wedges for garnish if desired.

Nutrition Facts

PROTEIN 8.22% FAT 36.97% CARBS 54.81%

Properties

Glycemic Index:85.64, Glycemic Load:50.41, Inflammation Score:-9, Nutrition Score:22.259130471427%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 529.69kcal (26.48%), Fat: 20.8g (31.99%), Saturated Fat: 6.24g (39.03%), Carbohydrates: 69.37g (23.12%), Net Carbohydrates: 64.93g (23.61%), Sugar: 8.99g (9.98%), Cholesterol: 22.27mg (7.42%), Sodium: 140.89mg (6.13%), Alcohol: 4.12g (100%), Alcohol %: 1.12% (100%), Protein: 10.4g (20.8%), Vitamin K: 56.61µg (53.92%), Manganese: 1.01mg (50.58%), Vitamin C: 38.96mg (47.22%), Vitamin A: 2065.85IU (41.32%), Vitamin E: 5.03mg (33.5%), Selenium: 22.25µg (31.78%), Folate: 124.04µg (31.01%), Vitamin B1: 0.46mg (30.85%), Vitamin B3: 5.01mg (25.07%), Potassium: 762.47mg (21.78%), Vitamin B2: 0.33mg (19.47%), Vitamin B6: 0.38mg (19.08%), Iron: 3.41mg (18.92%), Fiber: 4.43g (17.72%), Phosphorus: 165.65mg (16.56%), Copper: 0.31mg (15.58%), Magnesium: 54.67mg (13.67%), Zinc: 1.28mg (8.54%), Vitamin B5: 0.83mg (8.31%), Calcium: 57.17mg (5.72%)