



Garlic Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1.5 teaspoons butter
- 2 tablespoons cognac
- 3 tablespoons wine dry white
- 2 teaspoons thyme leaves fresh
- 0.5 cup beef broth fat-free
- 1.5 teaspoons olive oil extra-virgin
- 0.3 teaspoon salt

- 3.3 pound chicken whole cut into 8 pieces
- 40 garlic whole peeled (4 heads)

Equipment

- bowl
- frying pan
- slow cooker

Directions

- Combine first 3 ingredients in a small bowl.
- Discard giblets and neck from chicken. Rinse chicken and pat dry.
- Heat oil and butter in a 12-inch nonstick skillet over medium-high heat until butter melts.
- Sprinkle chicken pieces evenly with salt and pepper.
- Add chicken pieces to pan; cook 2 1/2 minutes on each side or until golden.
- Remove chicken from pan; place in a 4-quart electric slow cooker.
- Reduce heat to medium.
- Add garlic to drippings in pan; saut 1 minute or until garlic begins to brown. Stir in broth mixture, scraping pan to loosen browned bits. Boil 2 minutes or until sauce is reduced to about 1 cup.
- Pour sauce over chicken; sprinkle with thyme. Cover and cook on LOW for 4 hours or until chicken is done.
- Serve sauce and garlic with chicken.
- Garnish with chopped parsley, if desired.

Nutrition Facts

 **PROTEIN 31.4%**  **FAT 59.49%**  **CARBS 9.11%**

Properties

Glycemic Index:37.4, Glycemic Load:2.31, Inflammation Score:0, Nutrition Score:13.570434860561%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 392.87kcal (19.64%), Fat: 24.41g (37.56%), Saturated Fat: 7.22g (45.11%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.78g (2.83%), Sugar: 0.33g (0.36%), Cholesterol: 112.09mg (37.36%), Sodium: 276.22mg (12.01%), Alcohol: 2.93g (100%), Alcohol %: 1.75% (100%), Protein: 28.99g (57.99%), Vitamin B3: 10.07mg (50.33%), Vitamin B6: 0.81mg (40.66%), Selenium: 24.34µg (34.77%), Phosphorus: 253.24mg (25.32%), Manganese: 0.46mg (23.04%), Vitamin B5: 1.47mg (14.74%), Zinc: 2.21mg (14.73%), Vitamin C: 11.09mg (13.44%), Potassium: 431.02mg (12.31%), Vitamin B2: 0.21mg (12.15%), Iron: 1.89mg (10.52%), Magnesium: 37.33mg (9.33%), Vitamin B1: 0.14mg (9.09%), Vitamin B12: 0.45µg (7.54%), Copper: 0.15mg (7.41%), Calcium: 64.12mg (6.41%), Vitamin A: 281.14IU (5.62%), Vitamin E: 0.66mg (4.42%), Vitamin K: 3.53µg (3.36%), Fiber: 0.63g (2.51%), Folate: 9.93µg (2.48%), Vitamin D: 0.29µg (1.94%)