



## Made-Over Coq au Vin

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 slices oscar mayer bacon coarsely chopped
- 0.3 cup balsamic vinaigrette dressing kraft
- 2 bay leaves
- 14 oz canned tomatoes diced with garlic and olive oil, undrained canned
- 2 cups brown rice long-grain hot cooked
- 0.3 cup flour
- 1 lb mushrooms fresh quartered
- 1 Tbsp parsley fresh minced

- 16 oz pearl onions frozen
- 1 lb chicken breasts boneless skinless
- 0.5 cup water

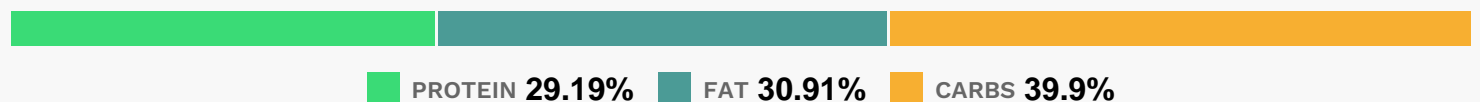
## Equipment

- frying pan
- slotted spoon

## Directions

- Cook and stir bacon in large nonstick skillet on medium-high heat 2 min.
- Add onions and mushrooms; cook 8 min., stirring occasionally.
- Remove bacon mixture from skillet with slotted spoon.
- Add chicken to drippings in skillet; cook 2 to 3 min. on each side or until chicken is evenly browned on both sides.
- Remove chicken from skillet; set aside.
- Mix flour, water and dressing until blended.
- Add to skillet along with the tomatoes; mix well. Return chicken to skillet; spoon sauce over chicken.
- Add bay leaves. Bring to boil; simmer on medium heat 10 min., stirring occasionally.
- Stir in bacon mixture; simmer 15 min. or until chicken is done (165F), stirring occasionally.
- Remove and discard bay leaves.
- Serve chicken mixture over rice; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:41.5, Glycemic Load:7.48, Inflammation Score:-8, Nutrition Score:31.607825942661%

## Flavonoids

Apigenin: 2.07mg, Apigenin: 2.07mg, Apigenin: 2.07mg, Apigenin: 2.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 23.52mg, Quercetin: 23.52mg, Quercetin: 23.52mg, Quercetin: 23.52mg

## **Nutrients (% of daily need)**

Calories: 476.5kcal (23.82%), Fat: 16.49g (25.37%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 41.83g (15.21%), Sugar: 10.28g (11.42%), Cholesterol: 83.46mg (27.82%), Sodium: 532.67mg (23.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.04g (70.07%), Vitamin B3: 19.39mg (96.94%), Selenium: 63.02µg (90.03%), Vitamin B6: 1.4mg (70.2%), Manganese: 1.24mg (61.8%), Phosphorus: 501.13mg (50.11%), Vitamin B2: 0.73mg (43.05%), Vitamin B5: 3.98mg (39.78%), Potassium: 1220.76mg (34.88%), Copper: 0.63mg (31.3%), Vitamin B1: 0.46mg (30.84%), Vitamin C: 22.65mg (27.45%), Magnesium: 108.4mg (27.1%), Fiber: 6.06g (24.26%), Vitamin K: 19.75µg (18.81%), Folate: 73.03µg (18.26%), Iron: 3.11mg (17.26%), Zinc: 2.46mg (16.38%), Calcium: 81.75mg (8.17%), Vitamin E: 1.04mg (6.91%), Vitamin B12: 0.35µg (5.91%), Vitamin A: 241.6IU (4.83%), Vitamin D: 0.41µg (2.71%)