



## Montalcino Chicken with Figs and Buttered Gnocchi with Pancetta and Nutmeg

READY IN



40 min.

SERVINGS



4

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 pounds meat from a rotisserie chicken boneless skinless cut into large chunks
- ☐ 1 cups chicken stock see
- ☐ 2 tablespoons chives chopped
- ☐ 14 figs dried halved for plump, tender fig varieties in bulk section of market. look
- ☐ 0.3 bottle cooking wine dry red recommended: Rosso di Montalcino
- ☐ 4 servings flour for dredging
- ☐ 4 cloves garlic crushed

- ☐ 1 package to 16 ounces gnocchi fresh store bought potato pasta
- ☐ 1 lemon zest
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 large onion thinly sliced
- ☐ 0.3 pound pancetta thick-cut cut into sticks
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 0.3 cup a handful generous chopped

## Equipment

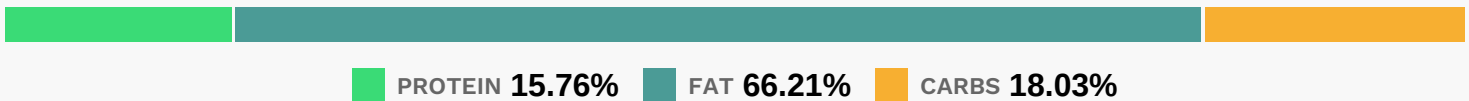
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove
- ☐ slotted spoon

## Directions

- ☐ \*\* This dish uses Rosso di Montalcino wine (an affordable, younger version of Brunello -- I call it "Baby Brunello") but you can substitute any dry red wine you like.
- ☐ Heat a deep skillet over medium high heat.
- ☐ Add extra-virgin olive oil, 4 turns of the pan, and the cut pancetta. Brown the pancetta, 3 to 4 minutes then remove with a slotted spoon and reserve.
- ☐ Place a pot of water on the stove to boil for the gnocchi.
- ☐ While pancetta browns, season the chicken chunks with salt and pepper and dredge in a little flour then add to the hot pan. Brown the pieces a few minutes on each side over high heat, then scoot the meat to the edges of the pan and add the onions, garlic and chopped figs.
- ☐ Saute 5 minutes, combine chicken with onions and figs then add the wine and cook it down 5 minutes or so until only about 1/3 cup remains.

- ☐ Add chicken stock, parsley, lemon zest and thyme to the chicken and stir to combine. Reduce heat to simmer cook another 10 minutes, while you make the gnocchi.
- ☐ Add salt and gnocchi to boiling water and cook to package directions, drain, 4 minutes for fresh gnocchi, 6 minutes for frozen.
- ☐ Heat a medium nonstick skillet over medium-low heat. Melt butter and brown it.
- ☐ Drain gnocchi and add to skillet. Raise heat to medium-high and lightly brown the dumplings. Season gnocchi with salt, pepper and nutmeg, turn to coat and add chives, toss and remove from heat.
- ☐ Adjust the seasonings on the chicken with figs. If you would like a little more sauce, shake another half cup of stock into the pan.
- ☐ Serve the chicken and figs in shallow dishes, the gnocchi piled in the center of the bowl on top of the chicken.
- ☐ Garnish with crisp pancetta sticks.

## Nutrition Facts



## Properties

Glycemic Index:118.25, Glycemic Load:10.1, Inflammation Score:-10, Nutrition Score:21.043912970501%

## Flavonoids

Petunidin: 2.08mg, Petunidin: 2.08mg, Petunidin: 2.08mg, Petunidin: 2.08mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 16.4mg, Malvidin: 16.4mg, Malvidin: 16.4mg, Malvidin: 16.4mg Peonidin: 1.16mg, Peonidin: 1.16mg, Peonidin: 1.16mg, Peonidin: 1.16mg Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg Epicatechin: 6.66mg, Epicatechin: 6.66mg, Epicatechin: 6.66mg, Epicatechin: 6.66mg Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

## Nutrients (% of daily need)

Calories: 781.6kcal (39.08%), Fat: 54.64g (84.06%), Saturated Fat: 17.29g (108.06%), Carbohydrates: 33.46g (11.15%), Net Carbohydrates: 29.22g (10.63%), Sugar: 16.16g (17.96%), Cholesterol: 130.97mg (43.66%), Sodium: 682.03mg (29.65%), Alcohol: 6.56g (100%), Alcohol %: 2.2% (100%), Protein: 29.26g (58.53%), Vitamin K: 79.9µg (76.1%), Vitamin B3: 10.66mg (53.28%), Selenium: 28.05µg (40.08%), Vitamin B6: 0.65mg (32.4%), Phosphorus:

280.85mg (28.08%), Vitamin B1: 0.3mg (20.24%), Vitamin C: 16.51mg (20.01%), Vitamin E: 2.84mg (18.97%), Potassium: 650.2mg (18.58%), Manganese: 0.36mg (18.16%), Vitamin A: 899.62IU (17.99%), Vitamin B2: 0.3mg (17.89%), Fiber: 4.24g (16.98%), Iron: 2.97mg (16.52%), Zinc: 2.39mg (15.92%), Magnesium: 59.87mg (14.97%), Vitamin B5: 1.46mg (14.62%), Copper: 0.24mg (11.79%), Folate: 41.66µg (10.41%), Calcium: 94.91mg (9.49%), Vitamin B12: 0.54µg (9.07%), Vitamin D: 0.37µg (2.46%)