



Pollo Borracho

 Gluten Free

READY IN



110 min.

SERVINGS



6

CALORIES



1026 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brandy
- ☐ 2 tablespoons butter
- ☐ 6 servings cayenne pepper to taste
- ☐ 2 large stalks celery cut into chunks
- ☐ 3 meat from a rotisserie chicken
- ☐ 1 tablespoon garlic minced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 onion cut into wedges

- ☐ 6 servings salt and pepper to taste
- ☐ 750 milliliter chilean sauvignon blanc
- ☐ 0.3 cup shallots finely chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Rinse the chicken thoroughly, and pat dry. Rub the skin and cavity with the lime juice, then sprinkle with salt, pepper, and cayenne; set aside for 15 minutes to let the flavors soak in.
- ☐ Smear the chicken evenly with the softened butter, and stuff the cavity with onion, garlic, and celery.
- ☐ Place into a pot that is just big enough to hold the chicken, breast-side up.
- ☐ Pour in the bottle of wine, cover the pan, and bring to a boil over high heat. Reduce the heat to medium-low, and gently simmer the chicken until tender, 1 to 1 1/2-hours.
- ☐ When the chicken has cooked, remove it, and continue simmering the broth. Melt 2 tablespoons of butter in a saucepan over medium heat. Stir in the shallots and garlic, cook until the shallots soften, and turn translucent. Strain the chicken broth through a fine mesh sieve, and add to the shallots.
- ☐ Pour in the brandy, and bring to a boil over high heat. Reduce heat to medium, then simmer for 10 to 15 minutes. While the sauce is simmering, remove the vegetables from the cavity of the chicken and discard.
- ☐ Remove the breast meat, legs, and any other meat remaining on the bones.
- ☐ To serve, cut the breast into 1/2-inch thick slices, and separate the legs into drumsticks and thighs. Arrange the chicken on a serving dish, and bathe with the sauce.

Nutrition Facts



 **PROTEIN 32.83%**  **FAT 63.27%**  **CARBS 3.9%**

Properties

Glycemic Index:36, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:27.53086960834%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 1026.07kcal (51.3%), Fat: 61.55g (94.7%), Saturated Fat: 18.9g (118.1%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 7.09g (2.58%), Sugar: 2.08g (2.31%), Cholesterol: 295.69mg (98.56%), Sodium: 504.17mg (21.92%), Alcohol: 19.77g (100%), Alcohol %: 4.3% (100%), Protein: 71.87g (143.73%), Vitamin B3: 26.19mg (130.93%), Selenium: 55.53µg (79.33%), Vitamin B6: 1.47mg (73.38%), Phosphorus: 585.19mg (58.52%), Vitamin B5: 3.57mg (35.72%), Zinc: 5.16mg (34.41%), Vitamin A: 1546.55IU (30.93%), Vitamin B2: 0.49mg (29.11%), Potassium: 870.18mg (24.86%), Magnesium: 85.62mg (21.4%), Iron: 3.81mg (21.15%), Vitamin B12: 1.19µg (19.81%), Vitamin B1: 0.26mg (17.21%), Vitamin C: 12.85mg (15.57%), Vitamin E: 1.91mg (12.72%), Vitamin K: 11.77µg (11.21%), Copper: 0.22mg (11.06%), Manganese: 0.21mg (10.31%), Folate: 37.54µg (9.38%), Calcium: 62.76mg (6.28%), Fiber: 1.44g (5.77%), Vitamin D: 0.76µg (5.08%)