



Potted Chicken Breasts with Lemon and Rosemary

 Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 small pieces skin-on chicken breast bone-in
- 2 carrots chopped
- 2 ribs celery with leafy tops chopped
- 1 cup chicken stock see
- 6 servings top
- 0.3 cup evoo
- 3 cloves garlic thinly sliced

- 1 juice of lemon
- 1 onion chopped
- 3 tablespoons rosemary chopped
- 6 servings salt and pepper
- 2 tablespoons tomato paste
- 1 cup white wine dry red

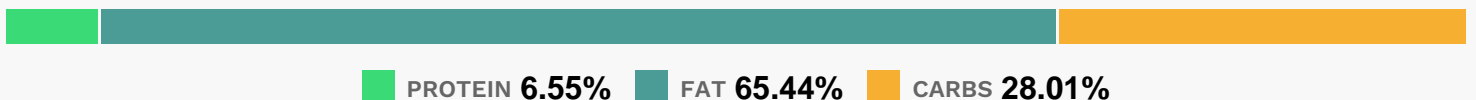
Equipment

- bowl
- pot

Directions

- Watch how to make this recipe.
- In a pot, combine EVOO with the carrots, onion, celery, garlic and lemon zest and juice. Season the chicken with salt and pepper on both sides, turn in the vegetables and oil and cover. Refrigerate for 3 to 4 hours.
- Return to room temp.
- Place a pot over medium-high heat and brown the chicken 15 to 20 minutes.
- Add the wine and reduce for a few minutes. In a small bowl, stir together the tomato paste with 1/4 cup hot water, then add to the sauce along with the stock. Bring to a boil, then reduce the heat and simmer 20 to 30 minutes more to cook through. Cool and store.
- Reheat over medium heat.
- Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:57.72, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:8.0386957692225%

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: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 159.76kcal (7.99%), Fat: 9.88g (15.21%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 7.71g (2.8%), Sugar: 3.77g (4.19%), Cholesterol: 1.84mg (0.61%), Sodium: 328.19mg (14.27%), Alcohol: 4.12g (100%), Alcohol %: 3.34% (100%), Protein: 2.23g (4.45%), Vitamin A: 3572.2IU (71.44%), Vitamin K: 12.96µg (12.35%), Vitamin E: 1.72mg (11.5%), Manganese: 0.18mg (8.98%), Vitamin C: 7.23mg (8.77%), Vitamin B6: 0.16mg (8.03%), Potassium: 275.2mg (7.86%), Fiber: 1.81g (7.23%), Vitamin B3: 1.28mg (6.38%), Folate: 20.57µg (5.14%), Iron: 0.9mg (4.99%), Vitamin B2: 0.08mg (4.96%), Phosphorus: 44.24mg (4.42%), Magnesium: 17.03mg (4.26%), Vitamin B1: 0.06mg (4.06%), Calcium: 39.63mg (3.96%), Copper: 0.08mg (3.82%), Selenium: 2.08µg (2.98%), Zinc: 0.31mg (2.04%), Vitamin B5: 0.16mg (1.63%)