



Poulet au Vinaigre a l'Estragon

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 cups pearl onions fresh boiling peeled drained for 1 minute, , and
- 1 cup citrus champagne vinegar
- 1.5 cups chicken broth
- 2 tablespoons tarragon dried fresh crumbled finely chopped for garnish
- 1 cup canned tomatoes whole canned drained chopped
- 2 tablespoons vegetable oil
- 0.5 cup wine dry white
- 4 teaspoons cornstarch

- 1 tablespoon butter unsalted
- 3.5 pounds chicken pieces

Equipment

- sauce pan
- aluminum foil
- slotted spoon
- tongs

Directions

- In a saucepan of boiling salted water boil the onions for 10 minutes, or until they are just tender, and drain them well. In a heavy kettle heat the oil and the butter over moderately high heat until the mixture is hot but not smoking and in the fat brown well the chicken, patted dry and seasoned with salt and pepper, in batches, transferring it as it is browned with tongs to a platter.
- Pour the fat from the kettle, add the onions, and sauté them, stirring, for 1 minute.
- Add the vinegar and the wine and boil the liquid, scraping up the brown bits, until it is reduced by half.
- Let the mixture cool, uncovered, and chill it, covered. Reheat the mixture before proceeding.
- Transfer the chicken and the onions with a slotted spoon to a heated platter and keep them warm, covered with foil. Stir the arrowroot or cornstarch mixture, add it to the simmering cooking liquid with half the chopped fresh tarragon, if using, and simmer the sauce, stirring, for 1 minute. Spoon the sauce over the chicken, sprinkle the chicken with the remaining chopped fresh tarragon, if using, and garnish it with the tarragon sprigs.

Nutrition Facts



PROTEIN 28.36% **FAT 60.5%** **CARBS 11.14%**

Properties

Glycemic Index:18.67, Glycemic Load:2.81, Inflammation Score:-7, Nutrition Score:18.25043479256%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.94mg, Isorhamnetin: 4.94mg, Isorhamnetin: 4.94mg, Isorhamnetin: 4.94mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 20.22mg, Quercetin: 20.22mg, Quercetin: 20.22mg, Quercetin: 20.22mg

Nutrients (% of daily need)

Calories: 529.33kcal (26.47%), Fat: 33.97g (52.26%), Saturated Fat: 9.74g (60.91%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 11.82g (4.3%), Sugar: 5.58g (6.2%), Cholesterol: 141.14mg (47.05%), Sodium: 411.06mg (17.87%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 35.82g (71.65%), Vitamin B3: 13mg (64.98%), Vitamin B6: 0.86mg (42.94%), Selenium: 26.86µg (38.37%), Phosphorus: 317.85mg (31.79%), Manganese: 0.45mg (22.38%), Vitamin B2: 0.33mg (19.66%), Potassium: 670.56mg (19.16%), Vitamin C: 15.26mg (18.5%), Zinc: 2.75mg (18.34%), Vitamin B5: 1.82mg (18.23%), Iron: 3.25mg (18.06%), Magnesium: 62.61mg (15.65%), Vitamin B1: 0.19mg (12.71%), Vitamin K: 12.83µg (12.22%), Folate: 39.39µg (9.85%), Vitamin B12: 0.57µg (9.56%), Vitamin A: 458.15IU (9.16%), Copper: 0.18mg (9.14%), Fiber: 2.26g (9.04%), Calcium: 88.57mg (8.86%), Vitamin E: 1.28mg (8.53%), Vitamin D: 0.39µg (2.63%)