



Poulet Basquaise



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound meat from a rotisserie chicken
- ☐ 0.8 cup cooking wine dry white
- ☐ 1 large garlic clove crushed finely chopped
- ☐ 2 pasilla peppers green cored seeded cut into strips
- ☐ 1 cup long grained rice boiled
- ☐ 1 cup mushrooms diced finely
- ☐ 0.3 cup olive oil plus 2 tablespoons
- ☐ 1 tablespoon parsley roughly chopped

- ☐ 4 servings pepper and salt black
- ☐ 5 ounces csabai sausage cut into 1/4-inch slices
- ☐ 4 large tomatoes seeded chopped
- ☐ 1 peppes red cored seeded cut into strips
- ☐ 1 peppes red cored seeded cut into strips

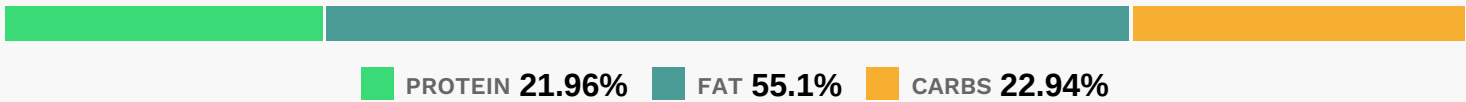
Equipment

- ☐ frying pan

Directions

- ☐ Remove wings from chicken, cut chicken into 4 pieces, 2 legs and 2 half breasts. Dry meat thoroughly.
- ☐ Place 1/4-cup olive oil into a pan on the heat, add the chicken – skin side down and brown on both sides. Brown the sausage pieces on all sides In a separate pan place 2 tablespoons of olive oil – add the garlic and then the capsicum.
- ☐ Add 2 tomatoes and allow the vegetables to sweat together.
- ☐ Add the mushrooms to the chicken and the sausage. Moisten with 1/2-cup dry white wine and then add vegetable mixture. Simmer 25 minutes.
- ☐ Remove chicken pieces to a heated serving dish and keep warm.
- ☐ Add 2 tomatoes to the sauce. Raise the heat under the pan, bring to the boil and reduce sauce.
- ☐ Add the parsley and 1/4 cup white wine. Reduce for 2 minutes. Coat chicken with half of the sauce.
- ☐ Place the boiled rice on a separate dish, make a well in the center and fill with the rest of the warm sauce.

Nutrition Facts



Properties

Glycemic Index:69.55, Glycemic Load:24.73, Inflammation Score:-9, Nutrition Score:33.291304463926%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 894.04kcal (44.7%), Fat: 52.46g (80.71%), Saturated Fat: 13.38g (83.59%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 45.03g (16.38%), Sugar: 7.19g (7.99%), Cholesterol: 168.4mg (56.13%), Sodium: 376.36mg (16.36%), Alcohol: 4.64g (100%), Alcohol %: 0.98% (100%), Protein: 47.05g (94.11%), Vitamin C: 78.14mg (94.71%), Vitamin B3: 17.66mg (88.32%), Vitamin B6: 1.19mg (59.39%), Selenium: 36.81µg (52.58%), Phosphorus: 467.28mg (46.73%), Manganese: 0.91mg (45.6%), Vitamin K: 46.71µg (44.49%), Vitamin A: 2114.35IU (42.29%), Potassium: 1154.88mg (33%), Vitamin B5: 3.05mg (30.51%), Zinc: 4.35mg (29.03%), Vitamin B2: 0.45mg (26.53%), Vitamin E: 3.85mg (25.65%), Vitamin B1: 0.37mg (24.64%), Copper: 0.45mg (22.32%), Magnesium: 88.11mg (22.03%), Iron: 3.57mg (19.85%), Fiber: 4.11g (16.44%), Vitamin B12: 0.9µg (15.02%), Folate: 54.82µg (13.71%), Calcium: 69.33mg (6.93%), Vitamin D: 0.89µg (5.93%)