

Quick Coq au Vin



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 baby carrots whole cut in half
- ☐ 1 bay leaves
- ☐ 4 pound chicken cut into six pieces
- ☐ 1 cup chicken broth
- ☐ 8 ounces crimini mushrooms rinsed halved
- ☐ 1 handful salt and pepper with salt and pepper to taste
- ☐ 1 clove garlic minced peeled
- ☐ 3 tablespoons olive oil

- ☐ 1 bottle red wine (white works, too)
- ☐ 2 large pearl onions sweet chopped
- ☐ 2 sprigs thyme leaves

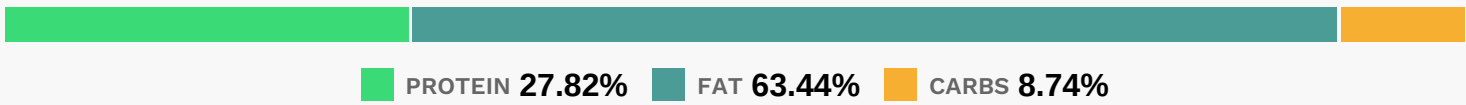
Equipment

- ☐ frying pan
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Heat the olive oil in a large pot over medium-high heat.
- ☐ Add the bacon and cook until crisp.
- ☐ Transfer to a large plate.
- ☐ Shake the chicken pieces with the seasoned flour in a paper or plastic bag.
- ☐ Brown the chicken in the pot, 4 to 5 minutes per side.
- ☐ Transfer to the plate with the bacon.
- ☐ Sauté the mushrooms (if using), carrots, garlic, and onions in the pot until they just begin to brown, 5 minutes.
- ☐ Pour half the wine into the pan and cook over high heat for about 8 minutes.
- ☐ Add the broth and the remaining wine. Bring to a boil and add the chicken, bacon, and herbs.
- ☐ Return to a boil, then cover and simmer for 45 minutes.
- ☐ Remove the bay leaf and thyme and serve.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:20.572174258854%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 507.67kcal (25.38%), Fat: 29.04g (44.68%), Saturated Fat: 7.25g (45.29%), Carbohydrates: 9g (3%), Net Carbohydrates: 7.58g (2.75%), Sugar: 3.61g (4.01%), Cholesterol: 109.65mg (36.55%), Sodium: 345.44mg (15.02%), Alcohol: 13.25g (100%), Alcohol %: 4.21% (100%), Protein: 28.66g (57.31%), Vitamin A: 4820.27IU (96.41%), Vitamin B3: 11.88mg (59.4%), Selenium: 31.56µg (45.08%), Vitamin B6: 0.68mg (33.78%), Phosphorus: 302.42mg (30.24%), Vitamin B2: 0.44mg (25.77%), Vitamin B5: 2.08mg (20.79%), Potassium: 707.28mg (20.21%), Zinc: 2.61mg (17.37%), Manganese: 0.34mg (17.16%), Copper: 0.32mg (15.95%), Iron: 2.49mg (13.84%), Magnesium: 52.84mg (13.21%), Vitamin B1: 0.15mg (10.22%), Vitamin E: 1.47mg (9.77%), Vitamin K: 10.07µg (9.59%), Vitamin B12: 0.5µg (8.26%), Folate: 30.5µg (7.63%), Fiber: 1.42g (5.7%), Vitamin C: 4.63mg (5.61%), Calcium: 49.81mg (4.98%), Vitamin D: 0.33µg (2.19%)