

Quick Coq au Vin

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons all purpose flour
- ☐ 4 slices bacon coarsely chopped
- ☐ 8 ounces crimini mushrooms halved (baby bella)
- ☐ 1.5 cups cooking wine dry red (such as Syrah)
- ☐ 2 garlic cloves pressed
- ☐ 1.5 cups low-salt chicken broth divided
- ☐ 3 tablespoons parsley fresh italian divided chopped
- ☐ 8 large shallots peeled halved

- ☐ 4 chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ slotted spoon
- ☐ pie form

Directions

- ☐ Preheat oven to 300°F. Sauté bacon in large nonstick skillet over medium-high heat until crisp. Using slotted spoon, transfer to bowl.
- ☐ Sprinkle chicken with salt, pepper, and 1 tablespoon parsley.
- ☐ Add to drippings in skillet. Sauté until cooked through, about 6 minutes per side; transfer to pie dish (reserve skillet).
- ☐ Place in oven to keep warm.
- ☐ Add mushrooms and shallots to skillet; sprinkle lightly with salt and pepper. Sauté until brown, about 4 minutes.
- ☐ Add garlic; toss 10 seconds.
- ☐ Add wine, 1 1/4 cups broth, bacon, and 1 tablespoon parsley. Bring to boil, stirring occasionally. Boil 10 minutes. Meanwhile, place flour in small cup.
- ☐ Add 1/4 cup broth, stirring until smooth.
- ☐ Add flour mixture to sauce. Cook until sauce thickens, 3 to 4 minutes. Season sauce to taste with salt and pepper. Arrange chicken on platter; stir juices from pie dish into sauce and spoon over chicken.
- ☐ Sprinkle with 1 tablespoon parsley.
- ☐ Per serving: 372 calories, 10 g fat, 0.7 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:23.153043404869%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 368.49kcal (18.42%), Fat: 12.35g (19%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 14.61g (5.31%), Sugar: 5.07g (5.63%), Cholesterol: 86.84mg (28.95%), Sodium: 314.65mg (13.68%), Alcohol: 9.45g (100%), Alcohol %: 2.81% (100%), Protein: 31.66g (63.32%), Vitamin B3: 16.31mg (81.53%), Selenium: 56.82µg (81.17%), Vitamin B6: 1.17mg (58.54%), Vitamin K: 49.86µg (47.48%), Phosphorus: 399.76mg (39.98%), Potassium: 983.56mg (28.1%), Vitamin B5: 2.76mg (27.58%), Vitamin B2: 0.46mg (27.04%), Copper: 0.42mg (21.21%), Vitamin B1: 0.24mg (15.88%), Manganese: 0.29mg (14.47%), Magnesium: 50.82mg (12.71%), Zinc: 1.89mg (12.6%), Vitamin C: 9.81mg (11.9%), Folate: 43.96µg (10.99%), Iron: 1.83mg (10.14%), Fiber: 2.12g (8.5%), Vitamin B12: 0.48µg (8.02%), Vitamin A: 296.89IU (5.94%), Calcium: 46.15mg (4.62%), Vitamin E: 0.36mg (2.4%), Vitamin D: 0.26µg (1.72%)