



Quick Coq au Vin

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canadian bacon ()
- ☐ 2 cups carrots ()
- ☐ 6 cups cremini mushrooms quartered
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup cooking wine dry red
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken thighs boneless skinless
- ☐ 1 tablespoon tomato paste

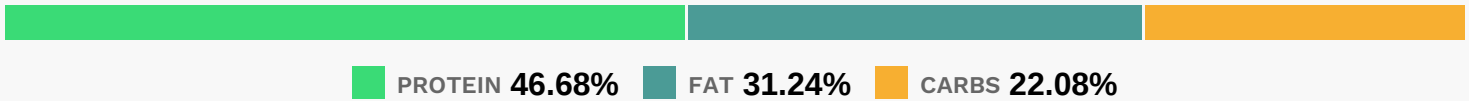
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine flour, thyme, and salt in a zip-top plastic bag; add chicken. Seal and shake to coat.
- ☐ Remove chicken from bag, shaking off excess flour.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 8 minutes or until browned, turning frequently.
- ☐ Remove chicken from pan.
- ☐ Add mushrooms, carrot, and bacon to pan; saut 2 minutes. Stir in wine, broth, and tomato paste; cook 9 minutes. Return chicken to pan; cook 8 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:27.81, Glycemic Load:4.41, Inflammation Score:-10, Nutrition Score:23.952173834262%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 265.86kcal (13.29%), Fat: 8.22g (12.65%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 11.14g (4.05%), Sugar: 3.66g (4.07%), Cholesterol: 114.3mg (38.1%), Sodium: 623.34mg (27.1%), Alcohol: 4.2g (100%), Alcohol %: 1.61% (100%), Protein: 27.65g (55.3%), Vitamin A: 7202.11IU (144.04%), Selenium: 50.42µg (72.03%), Vitamin B3: 10.92mg (54.58%), Vitamin B2: 0.64mg (37.61%), Phosphorus: 357.66mg (35.77%), Vitamin B6: 0.71mg (35.41%), Vitamin B5: 2.7mg (26.98%), Copper: 0.47mg (23.73%), Potassium: 827.52mg (23.64%), Vitamin B1: 0.34mg (22.89%), Zinc: 2.87mg (19.15%), Vitamin B12: 0.96µg (16.02%), Vitamin K: 13.5µg (12.86%), Manganese: 0.25mg (12.29%), Iron: 2.01mg (11.15%), Magnesium: 42.93mg (10.73%), Folate: 41.85µg (10.46%), Fiber: 1.94g (7.75%), Vitamin E: 0.99mg (6.58%), Calcium: 44.85mg (4.48%), Vitamin C: 3.18mg (3.86%), Vitamin D: 0.44µg (2.93%)