






 **14%**
HEALTH SCORE

Red Wine-Braised Chicken with Couscous

 Dairy Free

READY IN

45 min.

SERVINGS

4

CALORIES

639 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons capers rinsed
- 2 chicken breast halves
- 2 skin-on chicken drumsticks
- 2 strips.
- 2 strips.
- 2 cups couscous hot cooked
- 1.5 cups fat-skimmed beef broth fat-free

- 5 garlic clove peeled
- 0.5 cup kalamata olives pitted
- 2 cups red wine fruity
- 2 teaspoons olive oil
- 2 cups canned tomatoes peeled seeded chopped
- 1 tablespoon tomato paste

Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- Place garlic in a small saucepan; cover with water. Bring to a boil. Reduce heat; simmer 2 minutes.
- Drain; set garlic aside.
- Sprinkle chicken with pepper.
- Heat oil in a large Dutch oven over medium-high heat.
- Add chicken; cook 10 minutes or until browned, turning once.
- Remove chicken from pan. Increase heat to high; add wine to pan. Cook until reduced to 1 cup (about 5 minutes).
- Remove from heat. Stir in garlic, drumsticks, thighs, broth, tomato, and tomato paste. Bring to a boil. Reduce heat; simmer 5 minutes.
- Add breast halves; cover and cook 20 minutes, turning chicken after 10 minutes.
- Remove chicken from pan; keep warm.
- Increase heat to medium-high; add olives and capers to pan. Cook, uncovered, 10 minutes, stirring occasionally. Return chicken to pan, turning to coat. Cover and let stand 5 minutes.
- Serve with couscous.
- Garnish with parsley, if desired.

Nutrition Facts

PROTEIN 30.86% FAT 47.47% CARBS 21.67%

Properties

Glycemic Index:46.75, Glycemic Load:12.23, Inflammation Score:-7, Nutrition Score:25.837825977284%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 8.01mg, Kaempferol: 8.01mg, Kaempferol: 8.01mg, Kaempferol: 8.01mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 638.5kcal (31.93%), Fat: 28.85g (44.39%), Saturated Fat: 6.99g (43.71%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 26.3g (9.56%), Sugar: 4.45g (4.94%), Cholesterol: 181.73mg (60.58%), Sodium: 1182.1mg (51.4%), Alcohol: 12.72g (100%), Alcohol %: 2.5% (100%), Protein: 42.2g (84.4%), Selenium: 71.35µg (101.93%), Vitamin B3: 15.57mg (77.86%), Vitamin B6: 1.25mg (62.61%), Phosphorus: 447.59mg (44.76%), Potassium: 1040.95mg (29.74%), Vitamin B5: 2.95mg (29.51%), Vitamin B2: 0.43mg (25.36%), Manganese: 0.45mg (22.72%), Magnesium: 85.13mg (21.28%), Zinc: 3.12mg (20.8%), Iron: 3.73mg (20.71%), Vitamin B12: 1.21µg (20.24%), Vitamin B1: 0.28mg (18.7%), Vitamin C: 14.14mg (17.14%), Vitamin E: 2.49mg (16.63%), Copper: 0.31mg (15.53%), Fiber: 3.32g (13.29%), Vitamin K: 11.11µg (10.58%), Calcium: 92.11mg (9.21%), Folate: 32.71µg (8.18%), Vitamin A: 401.92IU (8.04%), Vitamin D: 0.21µg (1.38%)