



Roasted Chicken Jus

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium carrots roughly chopped
- ☐ 2 stalks celery roughly chopped
- ☐ 6 chicken wings
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 head garlic cut in 1/2
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 cups chicken broth low-sodium
- ☐ 4 servings olive oil extra-virgin

- ☐ 1 large onion quartered
- ☐ 5 sprigs thyme leaves
- ☐ 2 tablespoons butter unsalted cold cut into cubes

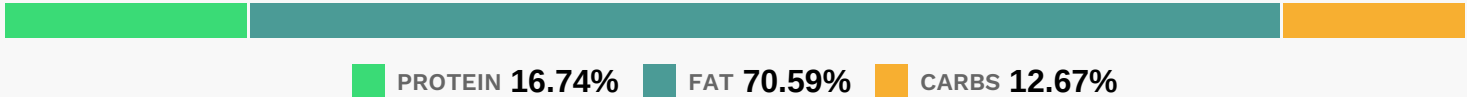
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ wooden spoon
- ☐ stove

Directions

- ☐ Preheat oven to 350 degrees F. In a roasting pan add chicken wings, vegetables, thyme and garlic. Season well with salt and pepper and drizzle with olive oil. Roast for 30 minutes until the wings are nice and brown.
- ☐ Remove from the oven and set over medium-high heat on the stove top.
- ☐ Add white wine to deglaze and scrape the brown bits off the bottom of the pan using a wooden spoon.
- ☐ Add the chicken stock and continue to simmer for 5 minutes to reduce the liquid until about 1 cup remains.
- ☐ Remove from heat and strain through a china cap, pushing some of the vegetable pulp through the strainer with the back of a ladle – this will help thicken the jus slightly.
- ☐ Add the cold butter cubes to the jus and swirl until it melts. Season again with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:3.09, Inflammation Score:-10, Nutrition Score:15.891739062641%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 413.67kcal (20.68%), Fat: 32.14g (49.44%), Saturated Fat: 9.02g (56.38%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 10.39g (3.78%), Sugar: 4.4g (4.89%), Cholesterol: 70.56mg (23.52%), Sodium: 140.22mg (6.1%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 17.15g (34.29%), Vitamin A: 8075.01IU (161.5%), Vitamin B3: 6.54mg (32.69%), Vitamin B6: 0.49mg (24.31%), Vitamin K: 21.31µg (20.29%), Vitamin E: 2.76mg (18.43%), Selenium: 12.57µg (17.96%), Phosphorus: 178.82mg (17.88%), Manganese: 0.32mg (15.82%), Potassium: 516.57mg (14.76%), Vitamin C: 10.78mg (13.07%), Fiber: 2.59g (10.34%), Vitamin B2: 0.17mg (9.72%), Zinc: 1.41mg (9.37%), Iron: 1.66mg (9.2%), Vitamin B5: 0.84mg (8.35%), Copper: 0.16mg (8.14%), Magnesium: 31.16mg (7.79%), Vitamin B1: 0.1mg (6.8%), Folate: 27.05µg (6.76%), Calcium: 66.44mg (6.64%), Vitamin B12: 0.36µg (6.01%), Vitamin D: 0.18µg (1.18%)