



Roasted Chicken with Dijon Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken parts with skin and bones (thighs, drumsticks, and/or breasts)
- ☐ 1 tablespoon chives finely chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 cup cooking wine dry white
- ☐ 0.3 cup heavy cream
- ☐ 0.8 cup chicken broth reduced-sodium
- ☐ 2 small shallots thinly sliced
- ☐ 1 tablespoon vegetable oil

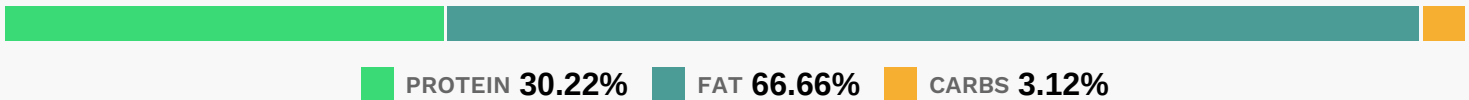
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve

Directions

- ☐ Preheat oven to 450F with rack in middle.
- ☐ Pat chicken dry and sprinkle with 1 1/4 teaspoons salt and 1/2 teaspoon pepper.
- ☐ Heat oil in an ovenproof 12-inch heavy skillet over medium-high heat until it shimmers. Working in 2 batches, brown chicken, skin side down first and turning once, about 5 minutes per batch.
- ☐ Return all chicken, skin side up, to skillet and roast in oven until just cooked through, 15 to 20 minutes.
- ☐ Transfer chicken to a platter, then add shallots, wine, and broth to pan juices in skillet and boil, scraping up any brown bits, until reduced by half, 2 to 3 minutes.
- ☐ Add cream and boil until slightly thickened, about 1 minute.
- ☐ Strain sauce through a sieve into a bowl.
- ☐ Whisk in mustard, chives, and salt and pepper to taste.
- ☐ Serve chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:18.3599999946926%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 635.78kcal (31.79%), Fat: 44.15g (67.92%), Saturated Fat: 14.01g (87.57%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 3.91g (1.42%), Sugar: 2.03g (2.25%), Cholesterol: 190.31mg (63.44%), Sodium: 265.5mg (11.54%), Alcohol: 4.64g (100%), Alcohol %: 1.63% (100%), Protein: 45.02g (90.04%), Vitamin B3: 16.47mg (82.35%), Selenium: 36.51µg (52.16%), Vitamin B6: 0.89mg (44.56%), Phosphorus: 386.1mg (38.61%), Vitamin B5: 2.22mg (22.24%), Zinc: 3.27mg (21.78%), Vitamin B2: 0.33mg (19.64%), Potassium: 576.57mg (16.47%), Magnesium: 58.79mg (14.7%), Iron: 2.59mg (14.41%), Vitamin B12: 0.79µg (13.09%), Vitamin A: 581IU (11.62%), Vitamin K: 12.19µg (11.61%), Vitamin B1: 0.17mg (11.09%), Manganese: 0.17mg (8.37%), Copper: 0.15mg (7.74%), Vitamin E: 1.14mg (7.61%), Vitamin C: 5.26mg (6.37%), Folate: 20.49µg (5.12%), Calcium: 51.12mg (5.11%), Vitamin D: 0.7µg (4.67%), Fiber: 0.74g (2.96%)