



## Rustic Garlic Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 3 pounds meat from a rotisserie chicken cut into 8 pieces
- 1 cup chicken broth low-sodium homemade canned
- 2 tablespoons cooking oil
- 1 cup cooking wine dry white
- 2 tablespoons flour
- 2 tablespoons parsley fresh chopped
- 3 heads garlic separated
- 0.3 teaspoon fresh-ground pepper black

1 teaspoon salt

## Equipment

oven

whisk

pot

dutch oven

## Directions

Heat the oven to 40

In a Dutch oven, heat the oil over moderately high heat.

Sprinkle the chicken with 12 teaspoon of the salt and the pepper. Cook the chicken until well browned, turning, about 8 minutes in all, and remove from the pot. Reduce the heat to moderate, add the garlic, and saut until it is starting to brown, about 3 minutes.

Sprinkle the flour over the garlic and stir until combined. Return the chicken to the pot, cover, and bake for 15 minutes.

Remove the pot from the oven and put it on a burner.

Remove the chicken pieces from the pot. Over moderately high heat, whisk in the wine and simmer for 1 minute.

Whisk in the broth and the remaining 12 teaspoon salt and simmer until starting to thicken, about 3 minutes. Turn the heat off, whisk in the butter, and pour the sauce over the chicken.

Sprinkle with the parsley.

Menu Suggestions: There's plenty of luscious, garlicky sauce here. Take advantage of it with mashed potatoes, egg noodles, or rice.

Wine Recommendation: This simple Gallic dish will work well with a rustic red wine from the south of France. Look for lesser-known, good-value bottles from Corbières or Minervois, or a more serious, tannic wine from Cahors.

## Nutrition Facts

**PROTEIN 26.15%** **FAT 69.11%** **CARBS 4.74%**

## Properties

Glycemic Index:51, Glycemic Load:2.34, Inflammation Score:-6, Nutrition Score:16.290869546973%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 538.53kcal (26.93%), Fat: 37.78g (58.12%), Saturated Fat: 11.3g (70.6%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.38g (1.96%), Sugar: 0.7g (0.78%), Cholesterol: 137.52mg (45.84%), Sodium: 764.68mg (33.25%), Alcohol: 6.18g (100%), Alcohol %: 2.57% (100%), Protein: 32.16g (64.32%), Vitamin B3: 12.24mg (61.21%), Vitamin K: 42.25µg (40.24%), Selenium: 24.98µg (35.68%), Vitamin B6: 0.61mg (30.72%), Manganese: 0.6mg (29.92%), Phosphorus: 276.41mg (27.64%), Zinc: 2.34mg (15.63%), Vitamin B5: 1.55mg (15.51%), Vitamin B2: 0.25mg (14.55%), Vitamin E: 1.96mg (13.08%), Potassium: 428.17mg (12.23%), Iron: 2.16mg (12%), Vitamin A: 573.9IU (11.48%), Magnesium: 43.38mg (10.85%), Vitamin B12: 0.58µg (9.62%), Vitamin B1: 0.13mg (8.92%), Vitamin C: 5.27mg (6.39%), Copper: 0.12mg (6.21%), Folate: 20.72µg (5.18%), Calcium: 36.38mg (3.64%), Vitamin D: 0.33µg (2.18%), Fiber: 0.45g (1.81%)