



Stuffed Chicken with Leeks (Pollo Imbotito Ai Porri)

 Gluten Free  Dairy Free

READY IN



97 min.

SERVINGS



4

CALORIES



1087 kcal

SIDE DISH

Ingredients

- 2.5 pound fryer chicken
- 3 tablespoons currants dried
- 4 tablespoons olive oil extra virgin
- 2 large leeks cut into 1-inch pieces
- 3 tablespoons pinenuts
- 1 pound genoa salami diced
- 4 servings salt and pepper

- 2 cups white wine
- 0.3 cup caciocavallo grated
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Equipment

- bowl
- frying pan
- dutch oven
- cutting board
- kitchen twine

Directions

- Season the chicken inside and out with salt and pepper.
- In a 12 to 14-inch saute pan, heat 4 tablespoons of oil until almost smoking.
- Add the leeks, liver, and giblets and cook 10 to 12 minutes.
- Remove the leeks and liver to a medium bowl and giblets to a cutting board, chop giblets and add them to the bowl.
- Add the salami and the cheese, mix well, season with salt and pepper, and stuff the bird with the mixture.
- Cut a length of butcher's twine 18 inches long. Secure the wings and legs with the twine and tie the legs together, to seal in the stuffing.
- In a Dutch oven, heat the remaining oil over high heat until just smoking.
- Place the chicken in the pan and brown all sides well, a process that takes about 10 minutes.
- Add the wine, currants and pine nuts and bring to a boil. Reduce the heat to an active simmer, adding wine when necessary, for 1 hour, turning carefully every 15 minutes.
- Remove, carefully cut off the string, and carve the chicken into portions.

Nutrition Facts

 **PROTEIN 21.27%**  **FAT 70.35%**  **CARBS 8.38%**

Properties

Glycemic Index:25, Glycemic Load:4.78, Inflammation Score:-8, Nutrition Score:34.623478060183%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1086.5kcal (54.33%), Fat: 78.02g (120.03%), Saturated Fat: 21.67g (135.47%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 19.32g (7.03%), Sugar: 10.17g (11.3%), Cholesterol: 191.64mg (63.88%), Sodium: 2872.01mg (124.87%), Alcohol: 12.36g (100%), Alcohol %: 3.5% (100%), Protein: 53.08g (106.16%), Vitamin B3: 16.42mg (82.12%), Vitamin B1: 1.21mg (80.95%), Selenium: 49.1µg (70.14%), Vitamin B6: 1.3mg (65.2%), Vitamin B12: 3.6µg (59.95%), Manganese: 1.17mg (58.65%), Phosphorus: 551.15mg (55.12%), Zinc: 7.27mg (48.46%), Vitamin B2: 0.6mg (35.4%), Vitamin K: 36.28µg (34.55%), Potassium: 983.5mg (28.1%), Iron: 4.66mg (25.91%), Vitamin B5: 2.59mg (25.85%), Magnesium: 99.5mg (24.88%), Vitamin E: 3.55mg (23.64%), Copper: 0.44mg (21.88%), Vitamin A: 942.71IU (18.85%), Folate: 43.79µg (10.95%), Vitamin C: 8.11mg (9.83%), Calcium: 78.13mg (7.81%), Fiber: 1.57g (6.29%), Vitamin D: 0.27µg (1.81%)