



Weeknight Coq au Vin

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon chopped
- 0.5 teaspoon pepper black freshly ground
- 16 ounce chicken thighs bone-in
- 1 tablespoon brandy
- 1 cup carrots chopped
- 16 ounce skin-on chicken drumsticks
- 1.5 cups cremini mushrooms sliced
- 1.5 cups cooking wine dry red

- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup flat-leaf parsley fresh divided finely chopped
- 1 teaspoon thyme leaves fresh minced
- 1 garlic clove minced
- 0.5 teaspoon salt
- 0.5 cup shallots chopped
- 2 teaspoons tomato paste

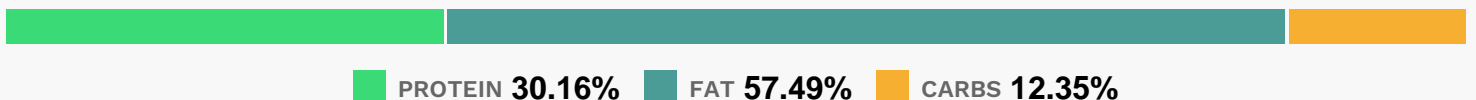
Equipment

- frying pan
- slotted spoon
- dutch oven

Directions

- Cook bacon in a large Dutch oven over medium-high heat for 2 minutes.
- Sprinkle chicken with salt and pepper.
- Add chicken to pan; cook 2 minutes. Stir in 3 tablespoons parsley, mushrooms, and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until chicken is done.
- Remove chicken with a slotted spoon; keep warm. Bring cooking liquid to a boil; cook until reduced to 3 cups (about 6 minutes). Return chicken to pan; cook 1 minute or until thoroughly heated.
- Sprinkle with remaining 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:68.96, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:25.503043490907%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 508.67kcal (25.43%), Fat: 27.68g (42.58%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 10.98g (3.99%), Sugar: 4.76g (5.29%), Cholesterol: 171.62mg (57.21%), Sodium: 686.1mg (29.83%), Alcohol: 10.7g (100%), Alcohol %: 3.37% (100%), Protein: 32.68g (65.35%), Vitamin A: 5848.15IU (116.96%), Vitamin K: 70.65µg (67.28%), Selenium: 43.29µg (61.84%), Vitamin B3: 10.31mg (51.55%), Vitamin B6: 0.81mg (40.68%), Phosphorus: 365.61mg (36.56%), Vitamin B2: 0.44mg (25.75%), Vitamin B5: 2.47mg (24.67%), Zinc: 3.37mg (22.49%), Potassium: 780.16mg (22.29%), Vitamin B12: 1.17µg (19.56%), Vitamin B1: 0.24mg (15.8%), Copper: 0.31mg (15.34%), Manganese: 0.27mg (13.63%), Vitamin C: 10.93mg (13.25%), Magnesium: 52.15mg (13.04%), Iron: 2.22mg (12.32%), Fiber: 2.4g (9.6%), Folate: 34.69µg (8.67%), Calcium: 54.28mg (5.43%), Vitamin E: 0.78mg (5.2%), Vitamin D: 0.24µg (1.62%)