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Coq au Vin with Mashed Potatoes ♦♦

Coq au Vin is a classic French dish made with chicken cooked in red wine, bacon, mushrooms, and onions. It is traditionally served with mashed potatoes.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 120 mins

Total Time: 150 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	Chicken
500 ml	red wine
150 g	bacon
200 g	Mushrooms
150 g	onion
4 cloves	garlic

2 tsp	Thyme
2 pieces	Bay Leaves
50 g	flour
50 g	Butter
1 tsp	Salt
1 tsp	Black pepper
500 g	mashed potatoes

Directions

Step 1

Stove

In a large pot, cook the bacon until crispy. Remove the bacon from the pot and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Stove

Season the chicken with salt and pepper. In the same pot, brown the chicken on all sides.

Remove the chicken from the pot and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Stove

Add the onions to the pot and cook until softened. Add the garlic, mushrooms, thyme, and bay leaves. Cook for another 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Sprinkle the flour over the vegetables and stir to coat. Cook for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 5

Stove

Slowly pour in the red wine, scraping the bottom of the pot to release any browned bits. Return the chicken and bacon to the pot. Bring to a simmer, cover, and cook for 1 hour.

Prep Time: 5 mins

Cook Time: 60 mins

Step 6

Stove

While the chicken is cooking, prepare the mashed potatoes according to your preferred method.

Prep Time: 5 mins

Cook Time: 20 mins

Step 7

Stove

Remove the chicken from the pot and keep warm. Increase the heat and simmer the sauce until thickened, about 10 minutes.

Prep Time: 1 mins

Cook Time: 10 mins

Step 8

Serve the Coq au Vin with the mashed potatoes and sauce.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Halloween Valentine's Day Mother's Day
Father's Day New Year Anniversary Baby Shower Bridal Shower
Graduation Back to School Barbecue Picnic

Cuisines

Italian French Middle Eastern

Nutritional Content

Low Calorie

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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