



 15%  
HEALTH SCORE

## African Chicken in Spicy Red Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



628 kcal

SAUCE

### Ingredients

- 2 teaspoons berbere
- 1 tablespoon butter
- 0.5 pound chicken breast halves
- 0.5 pound skin-on chicken drumsticks
- 0.8 pound strips.
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- 0.5 cup wine dry red
- 14 ounce fat-skimmed beef broth fat-free canned

- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon garlic minced
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon nutmeg
- 3 tablespoons juice of lemon fresh (1 lemon)
- 4 lemon wedges
- 1.5 cups onion chopped (2 medium)
- 0.8 teaspoon salt divided
- 6 ounce tomato paste canned

## Equipment

- frying pan
- dutch oven

## Directions

- Place chicken in a shallow dish; drizzle with juice, and sprinkle with 1/2 teaspoon salt. Cover and marinate in refrigerator 30 minutes.
- Heat a Dutch oven over medium heat. Coat pan with cooking spray.
- Add onion and garlic; cook 5 minutes (do not brown), stirring frequently.
- Add 2 teaspoons Berbere, remaining 1/4 teaspoon salt, butter, ginger, nutmeg, and cardamom; cook 1 minute.
- Add wine, broth, and tomato paste; stir until well blended.
- Add chicken mixture; bring to a boil. Cover, reduce heat, and simmer 50 minutes or until chicken is tender, turning chicken occasionally. Stir in cilantro.
- Serve with lemon wedges.

## Nutrition Facts

 PROTEIN **32.89%**  FAT **54.51%**  CARBS **12.6%**

## Properties

Glycemic Index:74.88, Glycemic Load:4.65, Inflammation Score:-8, Nutrition Score:28.470000287761%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg

## Nutrients (% of daily need)

Calories: 627.93kcal (31.4%), Fat: 36.73g (56.51%), Saturated Fat: 10.82g (67.62%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 15.26g (5.55%), Sugar: 8.73g (9.7%), Cholesterol: 245.46mg (81.82%), Sodium: 1516.84mg (65.95%), Alcohol: 3.15g (100%), Alcohol %: 0.75% (100%), Protein: 49.87g (99.74%), Selenium: 62.48µg (89.26%), Vitamin B3: 17.65mg (88.23%), Vitamin B6: 1.36mg (68.03%), Phosphorus: 523.84mg (52.38%), Vitamin C: 29.82mg (36.15%), Potassium: 1249.12mg (35.69%), Vitamin B5: 3.25mg (32.52%), Vitamin B12: 1.62µg (26.92%), Vitamin B2: 0.46mg (26.88%), Zinc: 3.65mg (24.33%), Iron: 4mg (22.24%), Magnesium: 84.04mg (21.01%), Manganese: 0.38mg (19.12%), Vitamin A: 929.56IU (18.59%), Vitamin B1: 0.27mg (17.93%), Copper: 0.35mg (17.27%), Vitamin E: 2.51mg (16.76%), Fiber: 3.84g (15.36%), Vitamin K: 10.62µg (10.12%), Folate: 30.91µg (7.73%), Calcium: 65.24mg (6.52%), Vitamin D: 0.26µg (1.77%)