



African Chicken in Spicy Red Sauce

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



574 kcal

SAUCE

Ingredients

- 1 tablespoon butter
- 2 lbs chicken breast boneless
- 14.5 ounce chicken broth canned
- 0.5 cup wine dry red
- 2 tablespoons cilantro leaves fresh
- 1 tablespoon garlic minced
- 1 tablespoon ginger minced
- 0.5 teaspoon ground cardamom

- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 1 tablespoon pepper fresh black
- 2 tablespoons ground pepper red
- 3 tablespoons juice of lemon fresh (1 lemon)
- 4 lemon wedges
- 1 teaspoon olive oil
- 1.5 cups onion chopped (2 medium)
- 0.8 teaspoon salt divided
- 6 ounce canned tomatoes canned

Equipment

- bowl
- pot

Directions

- Berbere:.
- Combine all ingredients in a small bowl. Yields 1/4 cup. Serving size is 1 teaspoons.Chicken:.
- Place chicken in a shallow dish; drizzle with juice, and sprinkle with 1/2 tsp salt. Cover and marinate in refrigerator for 30 minutes.
- Heat a large pot over medium heat.
- Add olive oil.
- Add onion and garlic; cook 5 minutes (do not brown), stirring frequently.
- Add 2 tsp Berbere, remaining 1/4 tsp 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 56.05% **FAT 31.23%** **CARBS 12.72%**

Properties

Glycemic Index:90.38, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:33.240869739781%

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: 574.29kcal (28.71%), Fat: 18.95g (29.16%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 13.35g (4.85%), Sugar: 5.57g (6.19%), Cholesterol: 204.06mg (68.02%), Sodium: 1278.3mg (55.58%), Alcohol: 3.15g (100%), Alcohol %: 0.79% (100%), Protein: 76.53g (153.06%), Vitamin B3: 27.07mg (135.33%), Selenium: 93.06µg (132.94%), Vitamin B6: 2.15mg (107.42%), Phosphorus: 684.85mg (68.48%), Manganese: 0.88mg (44.15%), Potassium: 1346.26mg (38.46%), Vitamin B5: 3.52mg (35.19%), Vitamin C: 27.73mg (33.61%), Vitamin A: 1498.87IU (29.98%), Zinc: 4.29mg (28.58%), Magnesium: 105.59mg (26.4%), Vitamin B12: 1.49µg (24.79%), Vitamin B2: 0.41mg (23.83%), Iron: 3.57mg (19.82%), Fiber: 4.01g (16.03%), Vitamin E: 2.37mg (15.78%), Vitamin B1: 0.23mg (15.4%), Copper: 0.27mg (13.52%), Vitamin K: 11.61µg (11.06%), Folate: 35.99µg (9%), Calcium: 82.63mg (8.26%), Vitamin D: 0.33µg (2.2%)