



African Chicken in Spicy Red Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



442 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 chicken thighs
- ☐ 0.5 cup cooking wine dry red
- ☐ 14 ounce less-sodium chicken 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 ground 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 no-salt-added tomato paste canned

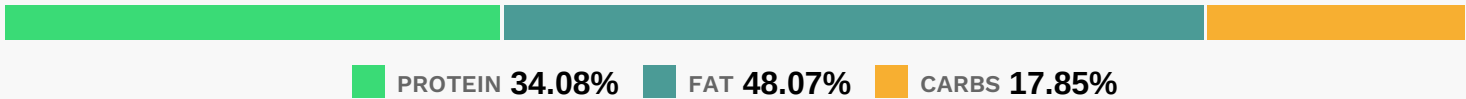
Equipment

- ☐ 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



Properties

Glycemic Index:74.88, Glycemic Load:4.65, Inflammation Score:-8, Nutrition Score:22.938695586246%

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 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 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

Nutrients (% of daily need)

Calories: 441.67kcal (22.08%), Fat: 22.6g (34.78%), Saturated Fat: 7.01g (43.82%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 15.04g (5.47%), Sugar: 8.73g (9.7%), Cholesterol: 162.11mg (54.04%), Sodium: 1451.35mg (63.1%), Alcohol: 3.15g (100%), Alcohol %: 0.89% (100%), Protein: 36.06g (72.11%), Vitamin B3: 13.7mg (68.49%), Selenium: 46.58µg (66.54%), Vitamin B6: 1.07mg (53.44%), Phosphorus: 389.46mg (38.95%), Vitamin C: 29.82mg (36.15%), Potassium: 1074.77mg (30.71%), Vitamin B5: 2.39mg (23.88%), Vitamin B2: 0.34mg (20.28%), Iron: 3.43mg (19.07%), Manganese: 0.37mg (18.44%), Vitamin B12: 1.07µg (17.85%), Vitamin A: 863.22IU (17.26%), Zinc: 2.59mg (17.24%), Magnesium: 67.88mg (16.97%), Vitamin E: 2.34mg (15.57%), Fiber: 3.84g (15.36%), Copper: 0.3mg (15.1%), Vitamin B1: 0.21mg (13.74%), Vitamin K: 8.84µg (8.42%), Folate: 28.36µg (7.09%), Calcium: 58.43mg (5.84%), Vitamin D: 0.18µg (1.2%)