



## Bake Me Crazy Chicken with Gravy

READY IN



40 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce skin-on chicken breasts boneless
- 3 tablespoons butter
- 4 cups chicken stock see cold
- 3 tablespoons flour all-purpose
- 1 tablespoon garlic minced
- 2 tablespoons olive oil
- 2 tablespoons parsley leaves chopped
- 1 teaspoon freshly cracked pepper black
- 1 teaspoon salt

- 4 servings salt and freshly cracked pepper black
- 1 shallots diced
- 1 Dash sherry vinegar
- 1 tablespoon paprika smoked
- 2 tablespoons tarragon leaves chopped

## Equipment

- frying pan
- sauce pan
- oven
- cutting board

## Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- In a large skillet over medium-high heat, add the oil.
- Season both sides of the chicken with salt, pepper and smoked paprika.
- Put the chicken, skin side down, into the hot oil and sear until nicely browned, about 2 to 3 minutes. Flip and sear for an additional minute.
- Remove from pan and arrange them on a quarter sheet tray with a rack.
- Bake until the chicken is cooked through, about 6 to 8 minutes.
- Remove from the oven to a cutting board and allow to rest for about 5 minutes before slicing
- In a medium saucepan, over medium-high heat, add the butter.
- Add the garlic and shallots and cook until fragrant, about 1 to 2 minutes. Stir in the flour to form a pasty roux.
- Add the chicken stock and bring the mixture to a boil, stirring frequently. Turn heat down to medium. Season the sauce with salt and pepper, to taste, and mix well.
- Add the sherry vinegar and simmer for 2 to 3 minutes to thicken the sauce. Stir in the chopped parsley and tarragon.
- Transfer the sliced chicken to serving plates and drizzle with the sauce.

# Nutrition Facts

PROTEIN 31.3% FAT 56.04% CARBS 12.66%

## Properties

Glycemic Index:83.5, Glycemic Load:4.73, Inflammation Score:-8, Nutrition Score:24.315217225448%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 561.37kcal (28.07%), Fat: 34.71g (53.4%), Saturated Fat: 11.78g (73.64%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 16.18g (5.88%), Sugar: 4.53g (5.03%), Cholesterol: 138.64mg (46.21%), Sodium: 1298.98mg (56.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.62g (87.25%), Vitamin B3: 21.53mg (107.65%), Vitamin B6: 1.22mg (61.11%), Selenium: 36.18µg (51.69%), Phosphorus: 394.59mg (39.46%), Vitamin K: 40.55µg (38.62%), Vitamin A: 1591.37IU (31.83%), Vitamin B2: 0.45mg (26.74%), Manganese: 0.5mg (24.82%), Potassium: 827.3mg (23.64%), Iron: 3.85mg (21.42%), Magnesium: 72.53mg (18.13%), Vitamin B1: 0.26mg (17.36%), Vitamin E: 2.32mg (15.47%), Vitamin B5: 1.49mg (14.93%), Zinc: 2.04mg (13.57%), Copper: 0.26mg (13.1%), Folate: 45.17µg (11.29%), Vitamin B12: 0.6µg (9.94%), Calcium: 84.62mg (8.46%), Vitamin C: 6.03mg (7.31%), Fiber: 1.46g (5.82%), Vitamin D: 0.68µg (4.54%)