



Balsamic Braised Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup balsamic vinegar
- 0.5 cup chicken broth
- 2 pound skin-on chicken drumsticks (6 drumsticks)
- 2 pound chicken thighs (6 thighs)
- 3 garlic cloves chopped
- 0.3 cup green onions thinly sliced
- 3 tablespoons honey
- 0.8 teaspoon pepper

- 0.5 teaspoon salt
- 6 ounce tomato paste canned
- 1 tablespoon vegetable oil

Equipment

- frying pan
- paper towels
- dutch oven

Directions

- Sprinkle chicken pieces evenly with pepper and salt.
- Cook chicken in hot vegetable oil in a large skillet or Dutch oven over medium-high heat 10 minutes or until slightly brown on all sides, turning pieces often.
- Remove chicken from skillet, and drain on paper towels.
- Drain excess oil from skillet.
- Add chopped garlic to skillet, and saut over medium heat 2 minutes.
- Add tomato paste and 1/2 cup chicken broth, stirring to loosen particles from bottom of skillet.
- Add 2/3 cup balsamic vinegar and 3 tablespoon honey; increase heat to medium-high, and bring glaze to a boil.
- Add chicken, reduce heat to medium-low, and cook, uncovered, turning occasionally, 45 minutes to 1 hour or until chicken is done. Spoon balsamic glaze mixture over chicken, and sprinkle evenly with green onions.

Nutrition Facts

 **PROTEIN 30.19%**  **FAT 57.91%**  **CARBS 11.9%**

Properties

Glycemic Index:39.05, Glycemic Load:7.74, Inflammation Score:-3, Nutrition Score:19.861304506012%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 583.53kcal (29.18%), Fat: 36.94g (56.82%), Saturated Fat: 9.62g (60.11%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 16.32g (5.93%), Sugar: 14.3g (15.89%), Cholesterol: 241.76mg (80.59%), Sodium: 533.55mg (23.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.33g (86.66%), Selenium: 48.51µg (69.3%), Vitamin B3: 12.36mg (61.79%), Vitamin B6: 0.92mg (46.09%), Phosphorus: 426.94mg (42.69%), Vitamin B5: 2.69mg (26.87%), Zinc: 4.01mg (26.72%), Vitamin B12: 1.53µg (25.48%), Vitamin B2: 0.4mg (23.79%), Vitamin K: 20.44µg (19.47%), Potassium: 680.52mg (19.44%), Magnesium: 60.1mg (15.03%), Vitamin B1: 0.22mg (14.99%), Iron: 2.4mg (13.31%), Copper: 0.22mg (10.81%), Manganese: 0.21mg (10.6%), Vitamin E: 1.08mg (7.23%), Vitamin A: 268.92IU (5.38%), Calcium: 47.87mg (4.79%), Vitamin C: 3.91mg (4.74%), Folate: 14.22µg (3.56%), Fiber: 0.76g (3.05%), Vitamin D: 0.25µg (1.68%)