



Balsamic Chicken with Olives and Walnuts

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

READY IN



33 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black
- 1.5 teaspoons brown sugar
- 0.3 cup chicken stock see unsalted (such as Swanson)
- 1 tablespoon chives fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 0.5 teaspoon kosher salt
- 1 tablespoon lower-sodium soy sauce

- 4 teaspoons olive oil divided
- 0.3 cup castelvetrano olives pitted halved
- 2 cups shallots quartered
- 3 pounds chicken thighs boneless skinless
- 3 thyme sprigs
- 3 tablespoons walnuts toasted chopped

Equipment

- frying pan
- dutch oven

Directions

- Heat a Dutch oven over medium-high heat.
- Add 2 teaspoons oil to pan; swirl to coat.
- Sprinkle chicken with salt and pepper.
- Add 6 chicken thighs to pan; cook 6 minutes or until browned. Turn chicken over; cook 1 minute.
- Remove chicken from pan. Repeat procedure with remaining chicken.
- Remove chicken from pan.
- Add remaining 2 teaspoons oil to pan; swirl to coat.
- Add shallots to pan; cook 3 minutes or until browned, stirring occasionally.
- Remove shallots from pan.
- Add vinegar to pan; cook 10 seconds, scraping pan to loosen browned bits.
- Add stock, soy sauce, sugar, and thyme; cook 30 seconds, stirring constantly. Return chicken and shallots to pan; toss to coat. Reduce heat to low; cook 5 minutes or until chicken is done. Discard thyme.
- Sprinkle with olives and remaining ingredients.

Nutrition Facts



■ PROTEIN 45.73% ■ FAT 36.29% ■ CARBS 17.98%

Properties

Glycemic Index:44.5, Glycemic Load:4.57, Inflammation Score:-9, Nutrition Score:23.974347757257%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 416.95kcal (20.85%), Fat: 16.63g (25.59%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 15.19g (5.52%), Sugar: 9.65g (10.72%), Cholesterol: 215.76mg (71.92%), Sodium: 636.25mg (27.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.15g (94.3%), Selenium: 52.77µg (75.39%), Vitamin B6: 1.33mg (66.33%), Vitamin B3: 13.11mg (65.57%), Phosphorus: 500.67mg (50.07%), Vitamin B5: 3mg (29.99%), Zinc: 3.99mg (26.62%), Vitamin B2: 0.45mg (26.26%), Manganese: 0.51mg (25.57%), Potassium: 892.2mg (25.49%), Vitamin B12: 1.45µg (24.19%), Magnesium: 83.85mg (20.96%), Iron: 3.35mg (18.63%), Vitamin B1: 0.28mg (18.38%), Copper: 0.31mg (15.27%), Fiber: 3.34g (13.37%), Folate: 43.77µg (10.94%), Vitamin C: 8.55mg (10.37%), Vitamin K: 10.41µg (9.92%), Vitamin E: 1.16mg (7.74%), Calcium: 70.22mg (7.02%), Vitamin A: 166.47IU (3.33%)