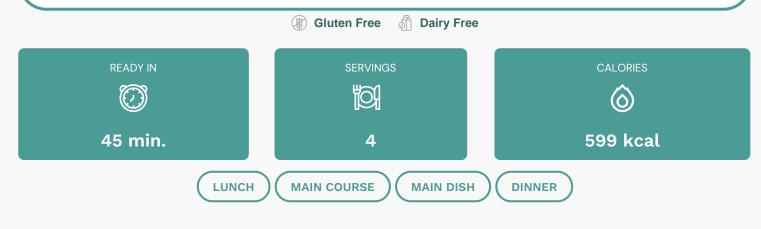


Braised Chicken and Artichokes



Ingredients

4 artichokes ()
1 tablespoon balsamic vinegar
1.5 cups chicken broth
8 skinned chicken thighs ()
0.5 teaspoon thyme leaves dried
0.5 pound mushrooms ()
4 oz onion
0.5 cup parsley chopped

	4 servings salt and pepper	
	2 tablespoons tomato paste	
	2 tablespoons vinegar (any kind)	
Equipment		
	frying pan	
	knife	
Directions		
	Trim and discard fat from thighs.	
	Chop onion. Rinse mushrooms and trim discolored stem ends.	
	Put chicken in an 11- to 12-inch nonstick frying pan over high heat. Lightly brown pieces, turning as needed, 3 to 5 minutes.	
	Remove chicken from pan and set aside.	
	Add onion, mushrooms, and 1/2 cup broth to pan. Stir to free browned bits, cover, and cook 5 minutes, then uncover and stir often until mushrooms are lightly browned, about 5 minutes more.	
	Remove from heat and stir in vinegar, tomato paste, thyme, and remaining broth. Then return chicken and juices to the pan.	
	Meanwhile, with a sharp knife, cut off and discard top 1/3 of each artichoke and trim discolored ends of stems. Break off and discard leaves down to the tender, pale green inner ones.	
	Cut artichokes in quarters vertically. With knife, cut fuzzy chokes from artichoke hearts and pull out the tiny leaves with thorny tips. Immerse artichoke quarters in about 2 quarts water mixed with the 2 tablespoons vinegar (so artichokes will darken less). Swish artichokes to rinse, then drain.	
	Lay artichokes on top of chicken, cover pan, and bring to a boil over high heat. Reduce heat and simmer until chicken and artichokes are tender when pierced, about 15 minutes.	
	Sprinkle parsley over chicken mixture, then spoon onto plates and season to taste with salt and pepper.	

Nutrition Facts

Properties

Glycemic Index:67, Glycemic Load:4.04, Inflammation Score:-9, Nutrition Score:34.622174128242%

Flavonoids

Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg Apigenin: 25.74mg, Apigenin: 25.74mg, Apigenin: 25.74mg, Apigenin: 25.74mg Luteolin: 3.03mg, Luteolin:

Nutrients (% of daily need)

Calories: 598.77kcal (29.94%), Fat: 38.24g (58.84%), Saturated Fat: 10.24g (64%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 13.07g (4.75%), Sugar: 5.61g (6.24%), Cholesterol: 223.24mg (74.41%), Sodium: 887.59mg (38.59%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 44.12g (88.23%), Vitamin K: 149.86µg (142.72%), Vitamin B3: 14.46mg (72.29%), Selenium: 48.76µg (69.66%), Phosphorus: 545.11mg (54.51%), Vitamin B6: 1.04mg (52.07%), Vitamin B2: 0.69mg (40.62%), Potassium: 1302.82mg (37.22%), Vitamin B5: 3.66mg (36.62%), Vitamin C: 30.05mg (36.43%), Fiber: 8.58g (34.33%), Magnesium: 136.51mg (34.13%), Copper: 0.66mg (32.93%), Folate: 121.55µg (30.39%), Zinc: 4mg (26.67%), Manganese: 0.52mg (26.19%), Vitamin B12: 1.49µg (24.78%), Iron: 4.45mg (24.71%), Vitamin B1: 0.35mg (23.25%), Vitamin A: 953.8IU (19.08%), Calcium: 103.42mg (10.34%), Vitamin E: 1.17mg (7.83%), Vitamin D: 0.34µg (2.26%)