



Braised Chicken and Artichokes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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



 PROTEIN **29.06%**  FAT **56.68%**  CARBS **14.26%**

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: 3.03mg, Luteolin: 3.03mg, Luteolin: 3.03mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

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 %: 0% (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%)