



Braised Chicken and Figs with Honey Gastrique



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoon apple cider vinegar
- ☐ 2 bay leaves
- ☐ 1 cup chicken stock see (more or less according to the size of your pan)
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1 tablespoon honey
- ☐ 1 pinch kosher salt as needed plus more)

- ☐ 4 onions
- ☐ 1 pinch freshly cracked pepper black as needed plus more)
- ☐ 2 tablespoon butter unsalted

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ stove

Directions

- ☐ Separate legs and thighs if you like, but I don't. Pat chicken pieces very dry. Season with salt and pepper.
- ☐ Cut top half-inch off onions. Peel onions, and quarter them vertically, cutting only a bit off the root end so each quarter stays intact.
- ☐ Heat oven to 375 degrees.
- ☐ Heat butter in a heavy ovenproof skillet, preferably one large enough to hold chicken in a single layer. Over medium-high heat, brown chicken well on both sides. If skillet is not large enough to hold all the chicken, brown it in stages, and transfer it to a roasting pan that will hold it all. Tuck onion quarters, thyme and bay leaves around chicken.
- ☐ Add white wine and enough chicken stock so liquid is about ½-inch deep in pan.
- ☐ Place chicken in oven, and cook until chicken is done, about 40 minutes.
- ☐ Remove from oven to stove.
- ☐ Place figs around the chicken.
- ☐ Place pan over medium-high heat, bring contents to a simmer, and cook a few minutes until sauce starts to get syrupy. Warm honey and vinegar in a small saucepan, and drizzle over chicken. Turning chicken in pan, cook a few minutes more, basting with pan juices.
- ☐ Remove bay leaves, check seasonings, and serve, dividing the ingredients so each plate gets a chicken leg and thigh, and 4 pieces each of fig and onion.

Nutrition Facts



 **PROTEIN 8.13%**  **FAT 41.45%**  **CARBS 50.42%**

Properties

Glycemic Index:52.82, Glycemic Load:4.72, Inflammation Score:-8, Nutrition Score:4.6852173708055%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg

Nutrients (% of daily need)

Calories: 159.15kcal (7.96%), Fat: 6.53g (10.05%), Saturated Fat: 3.84g (24%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 15.83g (5.76%), Sugar: 10.24g (11.38%), Cholesterol: 16.85mg (5.62%), Sodium: 102.85mg (4.47%), Alcohol: 3.09g (100%), Alcohol %: 1.77% (100%), Protein: 2.88g (5.76%), Vitamin C: 9.91mg (12.01%), Manganese: 0.22mg (11.23%), Vitamin B6: 0.19mg (9.47%), Fiber: 2.04g (8.16%), Potassium: 261.47mg (7.47%), Folate: 25.06µg (6.26%), Phosphorus: 57.15mg (5.71%), Vitamin B3: 1.14mg (5.68%), Vitamin B2: 0.09mg (5.56%), Vitamin B1: 0.07mg (4.93%), Magnesium: 18.72mg (4.68%), Vitamin A: 229.67IU (4.59%), Copper: 0.09mg (4.31%), Iron: 0.68mg (3.75%), Calcium: 36.9mg (3.69%), Selenium: 2.02µg (2.89%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.16mg (1.65%), Vitamin E: 0.2mg (1.35%), Vitamin K: 1.21µg (1.15%)