

at Home



WHATSheATE

52
QUICK MEALS
TO COOK
FOR FAMILY
& FRIENDS

Braised Chicken Marsala



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound skin-on chicken drumsticks
- ☐ 4 servings coarse salt and pepper freshly ground
- ☐ 1.3 cups chicken stock see low-sodium homemade store-bought
- ☐ 0.8 cup plum brandy sweet italian (fortified wine)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 plum tomatoes cut into 1-inch pieces
- ☐ 2 onions red peeled quartered
- ☐ 4 servings sage polenta

- ☐ 6 sprigs thyme leaves
- ☐ 1.3 pounds skin-on bone-in

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Rinse chicken, pat dry with paper towels, and season both sides with salt and pepper.
- ☐ Heat oil in a large, high-sided sauté pan over medium-high. Working in batches, brown chicken on both sides, turning once, 10 to 12 minutes.
- ☐ Transfer chicken to a platter; tent loosely with parchment paper, then foil, to keep warm. After all chicken is browned, pour off excess fat.
- ☐ Add onions, tomatoes, and thyme to the pan. Cook, stirring occasionally, until golden brown, about 4 minutes.
- ☐ Pour in Marsala; cook until reduced by half, about 5 minutes. Return chicken to pan and pour in stock; bring to a simmer.
- ☐ Transfer to oven; cook until chicken is cooked through and tender, about 35 minutes.
- ☐ Transfer chicken to a platter, and cover to keep warm.
- ☐ Skim off excess fat from liquid in pan; simmer liquid over medium-high until slightly thickened, about 5 minutes. To serve, divide polenta among shallow bowls and arrange chicken on top; spoon pan sauce over each.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:17.7239129025%

Flavonoids

Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg

Nutrients (% of daily need)

Calories: 528.56kcal (26.43%), Fat: 31.16g (47.93%), Saturated Fat: 7.91g (49.45%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 12.63g (4.59%), Sugar: 6.74g (7.49%), Cholesterol: 187.97mg (62.66%), Sodium: 395.71mg (17.2%), Alcohol: 6.89g (100%), Alcohol %: 2.14% (100%), Protein: 35.46g (70.92%), Selenium: 37.77µg (53.96%), Vitamin B3: 10.65mg (53.26%), Vitamin B6: 0.77mg (38.45%), Phosphorus: 367.66mg (36.77%), Zinc: 3.24mg (21.63%), Vitamin B5: 2.13mg (21.26%), Vitamin B12: 1.26µg (21.05%), Vitamin B2: 0.34mg (20.24%), Potassium: 684.4mg (19.55%), Copper: 0.34mg (16.84%), Magnesium: 54.26mg (13.56%), Vitamin B1: 0.2mg (13.09%), Vitamin C: 10.72mg (12.99%), Iron: 2.04mg (11.31%), Manganese: 0.22mg (11.12%), Vitamin A: 459.52IU (9.19%), Vitamin K: 9.21µg (8.77%), Vitamin E: 1.08mg (7.2%), Fiber: 1.52g (6.08%), Folate: 21.67µg (5.42%), Calcium: 46.03mg (4.6%), Vitamin D: 0.2µg (1.31%)