



Braised Chicken Thighs and Legs with Tomato



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 4 tablespoons canola oil
- ☐ 6 chicken legs
- ☐ 6 chicken thighs
- ☐ 2 teaspoons chili flakes
- ☐ 2 cinnamon sticks
- ☐ 4 bay leaves fresh
- ☐ 6 garlic cloves peeled halved lengthwise

- ☐ 1 large ginger knob grated peeled
- ☐ 10 servings kosher salt
- ☐ 10 servings water as needed
- ☐ 1 large onion white peeled halved thinly sliced
- ☐ 1 teaspoon cumin seeds whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the canola oil in a large skillet over high heat. Arrange the chicken thighs and legs on a tray in a single layer and season them with salt, to taste. Turn the pieces on their other side and season again. When the oil begins to smoke lightly, carefully add the chicken to the oil. Do not overcrowd the pan. Resist the temptation to move or turn the pieces. Allow them to brown on their first side, about 3 to 5 minutes. Use metal tongs to turn the chicken pieces to sear their second side, about 3 to 5 minutes.
- ☐ Transfer the chicken to a tray and set it aside.
- ☐ In the same skillet, add the cumin seeds and chili flakes, stirring rapidly to give them a quick toast, about 10 to 15 seconds.
- ☐ Add the onions, ginger and garlic and stir to combine. Season the ingredients with salt, to taste, then add the tomatoes, cinnamon, and bay leaves. Allow the mixture to cook and all the flavors to come together, about 10 minutes.
- ☐ Add the chicken back to the pan, keep the heat low and continue cooking until the chicken is cooked through, 30 to 45 minutes. (Chef's note: If the sauce becomes overly thick or begins to stick to the bottom of the skillet, feel free to add some water, about 1/2 cup at a time.)
- ☐ When the chicken is cooked through, remove and discard the cinnamon sticks and bay leaves. Taste for seasoning and transfer to a serving bowl.
- ☐ Serve alongside the braised cabbage, if desired.

Nutrition Facts

PROTEIN 25.35% FAT 68% CARBS 6.65%

Properties

Glycemic Index:8.2, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:13.953043626702%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 389.86kcal (19.49%), Fat: 29.44g (45.29%), Saturated Fat: 6.86g (42.89%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.84g (1.76%), Sugar: 2.6g (2.89%), Cholesterol: 138.33mg (46.11%), Sodium: 444.23mg (19.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.39%), Selenium: 27.12µg (38.74%), Vitamin B3: 7.47mg (37.36%), Vitamin B6: 0.62mg (30.95%), Phosphorus: 252.04mg (25.2%), Vitamin B5: 1.59mg (15.87%), Vitamin B2: 0.25mg (14.9%), Zinc: 2.21mg (14.73%), Vitamin B12: 0.87µg (14.45%), Potassium: 491.79mg (14.05%), Manganese: 0.27mg (13.74%), Vitamin E: 2.01mg (13.43%), Iron: 2.1mg (11.68%), Vitamin C: 9.31mg (11.28%), Magnesium: 42.72mg (10.68%), Vitamin B1: 0.16mg (10.36%), Vitamin K: 10.24µg (9.75%), Copper: 0.19mg (9.51%), Vitamin A: 343.01IU (6.86%), Fiber: 1.64g (6.57%), Calcium: 61.55mg (6.16%), Folate: 14.7µg (3.68%)