



Braised Chicken Thighs with 40 Cloves of Garlic

READY IN



100 min.

SERVINGS



4

CALORIES



1067 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 3 cups chicken stock see
- 4 servings ciabatta bread for mopping
- 1 pound cremini mushrooms thinly sliced
- 2 tablespoons evoo
- 2 tablespoons thyme leaves fresh finely chopped
- 40 large cloves purple garlic unpeeled
- 1 small bunch tuscan kale stemmed (if using kale, thinly slice)

- 4 servings kosher salt and pepper freshly ground
- 0.5 cup marsala wine
- 4 servings nutmeg freshly grated
- 8 large skin-on bone-in

Equipment

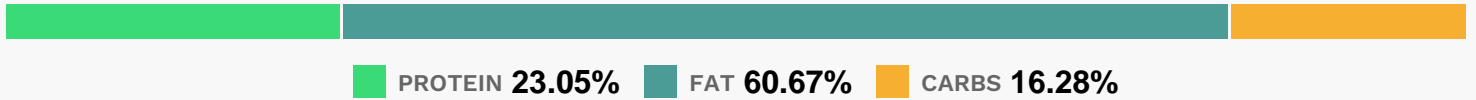
- bowl
- frying pan
- sauce pan
- oven
- wooden spoon
- aluminum foil
- stove

Directions

- Preheat the oven to 400 degrees F.
- Simmer the garlic in a saucepan of water until tender, about 10 minutes (this will soften the flavor).
- Drain and let cool, then pop the jackets off the cloves and reserve.
- Sprinkle the chicken with salt and pepper.
- Heat the EVOO in a large ovenproof skillet.
- Add the chicken, skin-side down, and cook until the skin is browned and very crisp, 7 to 8 minutes. Flip the chicken and brown the other side, 3 to 4 minutes more.
- Remove the chicken to a plate. Melt the butter into the fat remaining in the skillet and add the mushrooms and thyme. Cook until the mushrooms are browned and very tender, 12 to 15 minutes. Deglaze with the Marsala, stirring and scraping up any browned bits from the bottom of the skillet with a wooden spoon. Return the chicken to the skillet, skin-side up, and add the garlic.
- Add enough stock to come up and around the chicken but not cover the skin.
- Transfer the skillet to the oven and cook for 45 minutes.

- Transfer the chicken to a warmed platter and loosely tent with foil. Reduce the sauce on the stovetop until it is thick enough to coat the back of a spoon.
- Add the kale and cook until just wilted, then stir in a bit of nutmeg.
- Spoon the sauce and kale into shallow bowls and top with the chicken.
- Serve with warm bread for mopping.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:47.324782692868%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.29mg, Kaempferol: 15.29mg, Kaempferol: 15.29mg, Kaempferol: 15.29mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 1067.15kcal (53.36%), Fat: 70.25g (108.07%), Saturated Fat: 22.43g (140.18%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 38.55g (14.02%), Sugar: 8.27g (9.19%), Cholesterol: 318.72mg (106.24%), Sodium: 933.54mg (40.59%), Alcohol: 4.59g (100%), Alcohol %: 0.8% (100%), Protein: 60.03g (120.06%), Vitamin K: 138.88µg (132.27%), Selenium: 92.36µg (131.95%), Vitamin B3: 21.33mg (106.64%), Vitamin B6: 1.66mg (83.07%), Vitamin A: 3998.46IU (79.97%), Vitamin B2: 1.26mg (74.33%), Phosphorus: 719.1mg (71.91%), Vitamin C: 45.74mg (55.44%), Manganese: 1.08mg (53.87%), Vitamin B5: 4.88mg (48.85%), Copper: 0.97mg (48.61%), Potassium: 1582.26mg (45.21%), Zinc: 5.73mg (38.18%), Vitamin B12: 1.99µg (33.11%), Vitamin B1: 0.5mg (33.07%), Magnesium: 102.79mg (25.7%), Iron: 4.59mg (25.47%), Calcium: 209.59mg (20.96%), Folate: 70.58µg (17.65%), Fiber: 3.86g (15.43%), Vitamin E: 2.24mg (14.96%), Vitamin D: 0.4µg (2.68%)