



Braised Chicken Thighs with Artichokes and Greek Olives

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce water-packed artichoke hearts drained quartered canned
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 pound cremini mushrooms quartered
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.8 cup less-sodium chicken broth fat-free canned divided
- ☐ 0.3 cup flat-leaf parsley fresh chopped

- ☐ 4 garlic cloves crushed
- ☐ 0.5 cup kalamata olives pitted
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 2 cups potatoes red halved
- ☐ 0.8 cup red wine divided
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 2 tablespoons tomato paste

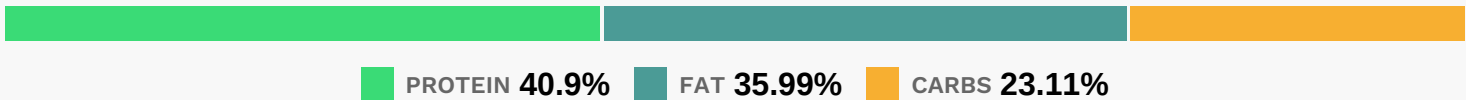
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add chicken; cook 3 minutes on each side or until browned.
- ☐ Remove chicken from skillet; set aside.
- ☐ Add mushrooms, onion, and garlic; saut 5 minutes or until tender.
- ☐ Remove from skillet.
- ☐ Add 1/4 cup broth and 1/4 cup wine to skillet; stir to loosen browned bits. Stir in vinegar and tomato paste. Return chicken and onion mixture to skillet; add 1/2 cup broth, 1/2 cup wine, potatoes, and next 5 ingredients (olives through artichokes), stirring gently. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until chicken is done.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:18.405652265186%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 260.22kcal (13.01%), Fat: 9.65g (14.85%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 11.31g (4.11%), Sugar: 4.69g (5.21%), Cholesterol: 107.73mg (35.91%), Sodium: 691.33mg (30.06%), Alcohol: 2.38g (100%), Alcohol %: 0.9% (100%), Protein: 24.69g (49.37%), Selenium: 38µg (54.29%), Vitamin K: 50.03µg (47.65%), Vitamin B3: 8.57mg (42.87%), Vitamin B6: 0.68mg (34%), Phosphorus: 302.53mg (30.25%), Vitamin B2: 0.45mg (26.39%), Vitamin B5: 2.16mg (21.6%), Potassium: 719.61mg (20.56%), Copper: 0.36mg (17.99%), Zinc: 2.44mg (16.29%), Vitamin B12: 0.81µg (13.51%), Manganese: 0.26mg (12.79%), Vitamin B1: 0.19mg (12.58%), Magnesium: 46.29mg (11.57%), Vitamin C: 9.3mg (11.28%), Iron: 2mg (11.1%), Fiber: 2.64g (10.55%), Vitamin E: 1.25mg (8.3%), Folate: 31.51µg (7.88%), Vitamin A: 339.76IU (6.8%), Calcium: 47.96mg (4.8%)