



Braised Chicken Thighs with Figs and Bay Leaves

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 bay leaves
- 0.3 teaspoon pepper black
- 2.3 pounds chicken thighs
- 0.3 cup cooking wine dry red
- 16 figs fresh cut in half lengthwise
- 1 teaspoon honey
- 2 teaspoons olive oil

- 1 tablespoon red wine vinegar
- 0.5 teaspoon salt
- 0.5 cup shallots sliced
- 3 tablespoons water

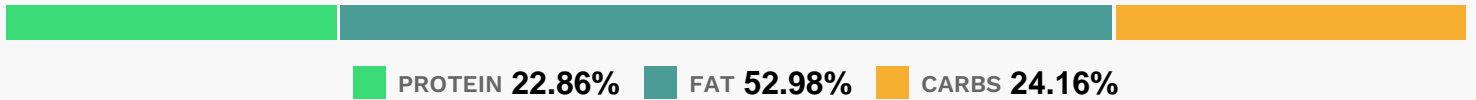
Equipment

- frying pan

Directions

- Sprinkle chicken with salt and pepper.
- Place 1 bay leaf on each chicken thigh.
- Heat oil in a heavy 10-inch skillet over medium-high heat.
- Place chicken, bay leaf sides down, in pan. Cook 5 minutes or until browned. Turn chicken over; cook 3 minutes.
- Add water; cover, reduce heat, and simmer 5 minutes.
- Remove chicken from pan.
- Add shallots; cook 2 minutes.
- Add chicken, wine, vinegar, and honey to pan; bring to a boil. Cook 1 minute. Cover, reduce heat, and simmer 5 minutes or until chicken is done.
- Add figs; cover and simmer 5 minutes or until figs are tender.

Nutrition Facts



Properties

Glycemic Index:43.82, Glycemic Load:21.86, Inflammation Score:-6, Nutrition Score:24.509565280831%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Pelargonidin: 0.02mg, Pelargonidin:

0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 769.31kcal (38.47%), Fat: 45.03g (69.28%), Saturated Fat: 11.83g (73.95%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 39.37g (14.32%), Sugar: 36.37g (40.41%), Cholesterol: 250.04mg (83.35%), Sodium: 493.74mg (21.47%), Alcohol: 2.1g (100%), Alcohol %: 0.51% (100%), Protein: 43.72g (87.45%), Selenium: 48.49µg (69.28%), Vitamin B3: 12.72mg (63.58%), Vitamin B6: 1.21mg (60.37%), Phosphorus: 449.67mg (44.97%), Vitamin B5: 3.28mg (32.81%), Potassium: 1091mg (31.17%), Fiber: 6.83g (27.34%), Vitamin B12: 1.63µg (27.22%), Vitamin B2: 0.44mg (26.14%), Zinc: 3.62mg (24.16%), Magnesium: 89.45mg (22.36%), Vitamin B1: 0.33mg (21.78%), Manganese: 0.42mg (20.97%), Iron: 2.94mg (16.34%), Vitamin K: 16.4µg (15.62%), Copper: 0.3mg (15.08%), Calcium: 104.44mg (10.44%), Vitamin A: 497.25IU (9.95%), Vitamin C: 6.49mg (7.86%), Folate: 30.13µg (7.53%), Vitamin E: 1.06mg (7.05%), Vitamin D: 0.26µg (1.7%)