



Braised Chicken Thighs with Olives and Basil

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup olives black pitted halved
- 0.5 cup chicken broth low-sodium homemade canned
- 8 chicken thighs (3 pounds in all)
- 0.5 cup cooking wine dry white
- 0.3 cup basil fresh chopped
- 2 teaspoons rosemary dried fresh chopped
- 12 cloves garlic peeled
- 4 servings fresh-ground pepper black

- 1 tablespoon olive oil
- 1 onion chopped
- 1 teaspoon salt
- 1 cup tomatoes in purée thick canned crushed

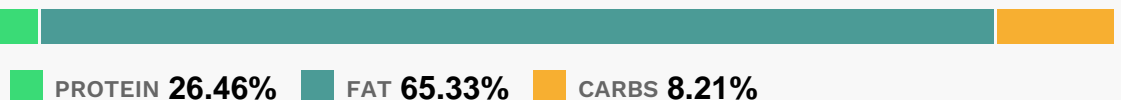
Equipment

- frying pan

Directions

- In a large deep frying pan, heat the oil over moderately high heat. Season the chicken with 1/2 teaspoon of the salt and 1/4 teaspoon pepper.
- Put the chicken in the pan and brown well on both sides, about 8 minutes in all.
- Remove.
- Pour off all but 1 tablespoon of the fat. Reduce the heat to moderately low.
- Add the onion and garlic and cook, stirring occasionally, until the onion starts to soften, about 5 minutes.
- Add the rosemary and wine. Bring to a simmer, scraping the bottom of the pan to dislodge any brown bits. Boil until the wine is reduced to approximately 1/4 cup, 1 to 2 minutes.
- Add the broth, tomatoes, olives, the remaining 1/2 teaspoon salt, and the chicken, skin-side up, with any accumulated juices. Cover and simmer until the chicken is just done, 20 to 25 minutes. Push the chicken to the side of the pan and then mash the garlic cloves with a fork. Stir in 1/8 teaspoon pepper and the basil, bring just to a simmer, and serve.
- Wine Recommendation: Italy has three great red grapes. Nebbiolo and sangiovese are well known, but the robust aglianico grape deserves at least the same regard. This dish is a great opportunity to sample either of its best wines, Taurasi or Aglianico del Vulture.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:2.79, Inflammation Score:-6, Nutrition Score:21.455652143644%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 616.06kcal (30.8%), Fat: 43.2g (66.46%), Saturated Fat: 10.93g (68.32%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 9.97g (3.63%), Sugar: 4.31g (4.79%), Cholesterol: 221.48mg (73.83%), Sodium: 1023.91mg (44.52%), Alcohol: 3.09g (100%), Alcohol %: 0.98% (100%), Protein: 39.37g (78.74%), Selenium: 44.18µg (63.12%), Vitamin B3: 11.81mg (59.06%), Vitamin B6: 1.04mg (51.78%), Phosphorus: 414.2mg (41.42%), Vitamin B5: 2.57mg (25.74%), Vitamin B12: 1.48µg (24.6%), Potassium: 775.92mg (22.17%), Zinc: 3.23mg (21.53%), Vitamin B2: 0.36mg (21.35%), Manganese: 0.41mg (20.28%), Vitamin K: 19.06µg (18.16%), Vitamin B1: 0.25mg (16.53%), Magnesium: 66.08mg (16.52%), Iron: 2.81mg (15.61%), Copper: 0.3mg (15.15%), Vitamin E: 2.19mg (14.62%), Vitamin C: 10.78mg (13.07%), Vitamin A: 459.44IU (9.19%), Fiber: 2.24g (8.97%), Calcium: 75.53mg (7.55%), Folate: 22.21µg (5.55%), Vitamin D: 0.23µg (1.51%)