



Braised Chicken Thighs with Plums

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



763 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided
- 8 chicken thighs bone-in
- 0.3 cup brandy
- 2 tablespoons butter
- 1 teaspoon rubbed sage dried
- 2 garlic clove minced
- 0.1 teaspoon ground allspice
- 1 tablespoon juice of lemon fresh

- 0.8 cup beef broth fat-free
- 1 cup onion chopped
- 3 plums pitted cut into wedges
- 0.5 teaspoon salt divided

Equipment

- frying pan

Directions

- Combine 1/4 teaspoon salt, 1/4 teaspoon pepper, and allspice, stirring well; sprinkle evenly over both sides of chicken.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add chicken to pan; cook 3 minutes on each side or until browned.
- Remove chicken from pan.
- Add onion to pan; saut 4 minutes or until tender.
- Add garlic; saut 1 minute, stirring frequently. Stir in brandy; cook 30 seconds or until liquid evaporates. Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, broth, and sage; bring to a boil. Return chicken to pan. Cover, reduce heat, and simmer for 12 minutes. Arrange plums in pan; cook for 8 minutes or until chicken is done.
- Drizzle with juice.

Nutrition Facts



Properties

Glycemic Index:51.92, Glycemic Load:2.92, Inflammation Score:-6, Nutrition Score:21.924347882685%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epicatechin 3-gallate: 0.38mg,

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Nutrients (% of daily need)

Calories: 763.26kcal (38.16%), Fat: 53.89g (82.91%), Saturated Fat: 16.57g (103.59%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 9.58g (3.48%), Sugar: 6.72g (7.47%), Cholesterol: 298.27mg (99.42%), Sodium: 642.87mg (27.95%), Alcohol: 5.01g (100%), Alcohol %: 1.41% (100%), Protein: 48.67g (97.34%), Selenium: 54.55µg (77.92%), Vitamin B3: 13.7mg (68.49%), Vitamin B6: 1.08mg (53.79%), Phosphorus: 481.5mg (48.15%), Vitamin B12: 1.86µg (31.02%), Vitamin B5: 3.08mg (30.77%), Zinc: 3.77mg (25.11%), Vitamin B2: 0.41mg (24.17%), Potassium: 834.72mg (23.85%), Vitamin B1: 0.25mg (16.79%), Magnesium: 63.74mg (15.94%), Iron: 2.18mg (12.1%), Vitamin C: 9.61mg (11.65%), Vitamin A: 575.47IU (11.51%), Vitamin K: 10.75µg (10.24%), Copper: 0.2mg (10.18%), Manganese: 0.19mg (9.35%), Vitamin E: 0.92mg (6.12%), Fiber: 1.5g (6.01%), Folate: 19.88µg (4.97%), Calcium: 42.02mg (4.2%), Vitamin D: 0.29µg (1.93%)