



WHATSheATE



Braised Chicken Thighs with Sauerkraut



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 slices bacon thin



1 bay leaves



1 carrots chopped



1 cup chicken broth low-sodium homemade canned



8 strips. ()



1 teaspoon dijon mustard



0.3 teaspoon pepper black



10 juniper berries crushed

- ☐ 1 onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 baking apples are apples that have a sweet-tart balance and hold their shape when such as granny smith, peeled, cored, and chopped

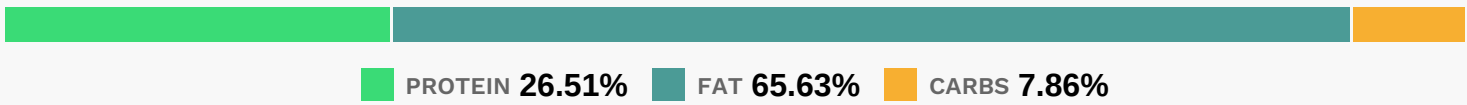
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a large deep frying pan, cook the bacon over moderate heat until crisp.
- ☐ Remove with a slotted spoon and reserve.
- ☐ Season the chicken thighs with 1/2 teaspoon of the salt and the pepper and add to the pan in batches if necessary. Cook, turning, until browned, about 8 minutes.
- ☐ Remove from the pan.
- ☐ Pour off all but 1 tablespoon of the fat.
- ☐ Add the onion, carrot, and apple to the pan. Cook over moderate heat, covered, for 5 minutes. Stir in the sauerkraut, bacon, broth, the remaining 1/4 teaspoon salt, the mustard, juniper berries, and bay leaf. Arrange the chicken in an even layer on top. Bring to a simmer, reduce the heat, and cook, covered, until the chicken is just done, about 25 minutes.
- ☐ Remove the chicken from the pan and discard the bay leaf. If too much liquid remains in the pan, raise the heat to moderately high and cook until slightly thickened.
- ☐ Serve the sauerkraut topped with the chicken.
- ☐ Wine Recommendation: For a white wine that will contrast nicely with the sauerkraut, look for a soft, full-flavored, and unoaked white. Gewrztraminer or pinot gris from Alsace in France are ideal choices.

Nutrition Facts



Properties

Glycemic Index:42.46, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:20.676956342614%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 615.98kcal (30.8%), Fat: 44.67g (68.73%), Saturated Fat: 12.45g (77.84%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 9.96g (3.62%), Sugar: 6.72g (7.46%), Cholesterol: 232.37mg (77.46%), Sodium: 762.84mg (33.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.61g (81.21%), Selenium: 46.16µg (65.95%), Vitamin B3: 12.2mg (61%), Vitamin A: 2758.29IU (55.17%), Vitamin B6: 0.9mg (44.97%), Phosphorus: 418.43mg (41.84%), Vitamin B12: 1.59µg (26.47%), Vitamin B5: 2.5mg (24.96%), Zinc: 3.19mg (21.28%), Vitamin B2: 0.36mg (21.1%), Potassium: 688.1mg (19.66%), Vitamin B1: 0.25mg (16.38%), Magnesium: 53.22mg (13.3%), Iron: 1.91mg (10.61%), Copper: 0.19mg (9.26%), Fiber: 2.08g (8.31%), Vitamin K: 8.09µg (7.71%), Manganese: 0.14mg (6.78%), Vitamin C: 5.04mg (6.11%), Vitamin E: 0.74mg (4.93%), Folate: 16.42µg (4.11%), Calcium: 37.17mg (3.72%), Vitamin D: 0.29µg (1.95%)