



Braised Chicken with Apples and Sage

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 apples cored peeled cut into 1/2-inch-thick wedges (preferably Gala;)
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon brown sugar packed
- ☐ 8 chicken thighs with skin and bones (3 lb)
- ☐ 1 teaspoon cider vinegar
- ☐ 0.5 teaspoon sage fresh chopped
- ☐ 0.7 cup chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil

- ☐ 1.3 teaspoons salt
- ☐ 0.5 cup shallots chopped (2 to 3)
- ☐ 1 tablespoon butter unsalted

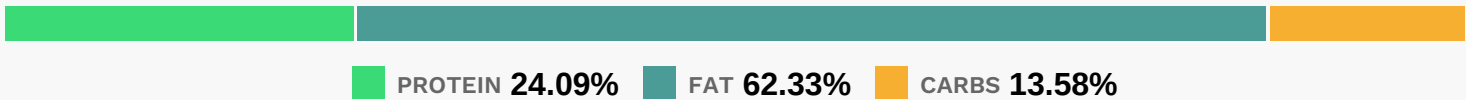
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Pat chicken dry and sprinkle all over with salt and pepper.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken well, starting with skin sides down and turning over once, 10 to 12 minutes total.
- ☐ Transfer chicken to a plate and pour off all but 1 tablespoon fat from skillet.
- ☐ Add butter, brown sugar, apples, and shallots to fat in skillet and cook over moderate heat, stirring occasionally, until apples are browned, about 5 minutes.
- ☐ Add broth, vinegar, and sage and deglaze skillet by boiling, stirring and scraping up any brown bits, 1 minute. Return chicken, skin sides up, to skillet along with any juices accumulated on plate. Reduce heat and simmer, loosely covered with foil, until chicken is cooked through and sauce is slightly reduced, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:4.56, Inflammation Score:-4, Nutrition Score:20.257825949918%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 638.53kcal (31.93%), Fat: 44.32g (68.18%), Saturated Fat: 12.51g (78.2%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 18.51g (6.73%), Sugar: 14.76g (16.4%), Cholesterol: 229.01mg (76.33%), Sodium: 918.41mg (39.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.53g (77.07%), Selenium: 42.7µg (61%), Vitamin B3: 11.18mg (55.92%), Copper: 0.95mg (47.48%), Vitamin B6: 0.92mg (46.03%), Phosphorus: 398.18mg (39.82%), Vitamin B12: 1.49µg (24.86%), Vitamin B5: 2.45mg (24.49%), Zinc: 3.03mg (20.22%), Potassium: 703.59mg (20.1%), Vitamin B2: 0.34mg (20.1%), Magnesium: 55.37mg (13.84%), Vitamin B1: 0.2mg (13.44%), Fiber: 3.21g (12.85%), Iron: 2.16mg (12.02%), Manganese: 0.22mg (10.91%), Vitamin K: 9.75µg (9.28%), Vitamin E: 1.24mg (8.25%), Vitamin C: 6.55mg (7.94%), Vitamin A: 315.44IU (6.31%), Folate: 19.74µg (4.94%), Calcium: 42.7mg (4.27%), Vitamin D: 0.28µg (1.86%)