



Braised Chicken with Artichokes and Peas

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts rinsed halved lengthwise drained canned
- ☐ 1 cup peas frozen thawed (not)
- ☐ 0.5 teaspoon pepper black
- ☐ 4 large strips. with skin and bone (2 pounds total)
- ☐ 0.5 cup wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup chicken broth reduced-sodium

- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 teaspoon salt

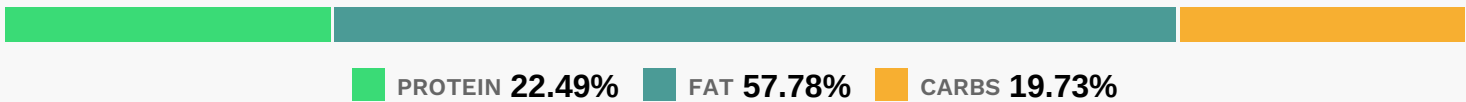
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wax paper

Directions

- ☐ Put flour in a shallow bowl. Pat chicken dry and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper, then dredge, 1 piece at a time, in flour, shaking off excess.
- ☐ Transfer to a sheet of wax paper as coated.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté chicken, skinned sides down first, turning over once, until deep golden brown, 6 to 8 minutes total.
- ☐ Transfer to a plate (chicken will not be fully cooked).
- ☐ Add onion with remaining tablespoon oil to skillet and cook over moderate heat, stirring, until golden brown around edges, about 6 minutes.
- ☐ Add wine and boil, stirring and scraping up any brown bits, 1 minute. Stir in broth, artichokes, and remaining 1/2 teaspoon salt. Return chicken to skillet along with any juices from plate and bring to a boil over high heat. Cover skillet and reduce heat, then simmer until chicken is tender, about 25 minutes. Stir in peas and simmer, covered, 5 minutes.
- ☐ Transfer chicken to a shallow serving dish. Stir parsley and remaining 1/4 teaspoon pepper into artichoke mixture, then spoon over chicken.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:6.64, Inflammation Score:-6, Nutrition Score:15.618695663369%

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: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 435.36kcal (21.77%), Fat: 26.22g (40.34%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 15.6g (5.67%), Sugar: 4.77g (5.3%), Cholesterol: 110.74mg (36.91%), Sodium: 1049.31mg (45.62%), Alcohol: 3.09g (100%), Alcohol %: 1.08% (100%), Protein: 22.97g (45.93%), Selenium: 24.66µg (35.23%), Vitamin B3: 6.96mg (34.81%), Vitamin K: 32.68µg (31.12%), Vitamin B6: 0.52mg (25.84%), Phosphorus: 252.23mg (25.22%), Vitamin C: 18.6mg (22.55%), Fiber: 4.54g (18.16%), Vitamin B1: 0.26mg (17.42%), Manganese: 0.34mg (16.92%), Vitamin B2: 0.26mg (15.32%), Zinc: 2.06mg (13.74%), Vitamin B5: 1.29mg (12.87%), Folate: 50.24µg (12.56%), Vitamin B12: 0.75µg (12.55%), Potassium: 438.93mg (12.54%), Iron: 2mg (11.14%), Magnesium: 43.14mg (10.78%), Vitamin A: 451.81IU (9.04%), Vitamin E: 1.31mg (8.76%), Copper: 0.17mg (8.44%), Calcium: 34.7mg (3.47%)