



Braised Chicken with Baby Vegetables and Peas

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces baby carrots peeled
- 2 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 2 chicken thighs bone-in
- 2 tablespoons butter divided
- 2 chicken breast halves bone-in
- 2 skin-on chicken drumsticks
- 1 cup cooking wine dry white

- 28 ounce less-sodium chicken broth fat-free canned
- 6 flat-leaf parsley sprigs fresh
- 2 tablespoons flour all-purpose
- 2 tablespoons flat-leaf parsley fresh chopped
- 0.5 teaspoon thyme leaves fresh chopped
- 0.8 cup peas fresh green
- 8 ounces pearl onions peeled
- 0.5 teaspoon salt
- 8 ounces baby turnips peeled

Equipment

- frying pan
- ziploc bags
- dutch oven

Directions

- Melt 1 tablespoon butter in a Dutch oven over medium-high heat.
- Sprinkle chicken evenly with salt and pepper.
- Add chicken to pan; saut 5 minutes on each side or until browned.
- Remove from pan.
- Add broth to pan; cook 1 minute, scraping pan to loosen browned bits.
- Add wine and next 6 ingredients (through bay leaves); stir.
- Add chicken to pan, nestling into vegetable mixture; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until chicken is done. Discard bay leaves and parsley sprigs.
- Remove chicken and vegetables from the pan.
- Place a zip-top plastic bag inside a 2-cup glass measure.
- Pour cooking liquid into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.

- Drain drippings back into pan, stopping before fat layer reaches opening; discard fat. Return liquid to pan. Bring liquid to a boil; cook until reduced to 1 1/2 cups (about 5 minutes).
- Melt remaining 1 tablespoon butter in a small skillet.
- Add flour, stirring until smooth.
- Add flour mixture to cooking liquid; cook 2 minutes or until slightly thick, stirring constantly. Return chicken and vegetable mixture to pan; stir in peas. Cook 3 minutes or until thoroughly heated.
- Garnish with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:106.33, Glycemic Load:6.5, Inflammation Score:-10, Nutrition Score:30.803043308465%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 7.55mg, Apigenin: 7.55mg, Apigenin: 7.55mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 486.21kcal (24.31%), Fat: 23.37g (35.95%), Saturated Fat: 8.16g (50.99%), Carbohydrates: 22.85g (7.62%), Net Carbohydrates: 17.38g (6.32%), Sugar: 9.72g (10.8%), Cholesterol: 156.84mg (52.28%), Sodium: 1398.82mg (60.82%), Alcohol: 6.18g (100%), Alcohol %: 1.23% (100%), Protein: 35.05g (70.11%), Vitamin A: 8604.06IU (172.08%), Vitamin K: 73.28µg (69.79%), Vitamin B3: 13.7mg (68.52%), Selenium: 46.39µg (66.28%), Vitamin B6: 1.09mg (54.31%), Vitamin C: 34.21mg (41.46%), Phosphorus: 413.54mg (41.35%), Potassium: 964.09mg (27.55%), Vitamin B5: 2.68mg (26.75%), Manganese: 0.52mg (26.05%), Vitamin B2: 0.38mg (22.37%), Fiber: 5.47g (21.9%), Vitamin B1: 0.31mg (20.56%), Vitamin B12: 1.19µg (19.87%), Zinc: 2.83mg (18.87%), Magnesium: 73.92mg (18.48%), Folate: 73.02µg (18.26%), Iron: 3.04mg (16.87%), Copper: 0.3mg (15.21%), Calcium: 89.96mg (9%), Vitamin E: 0.59mg (3.91%), Vitamin D: 0.17µg (1.11%)