



## Braised Chicken with Celery Root and Garlic

READY IN



45 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 celery root with a sharp knife and cut into 3/4-inch cubes peeled
- ☐ 3 lb chicken parts such as breasts and thighs (with skin and bone) and drumsticks
- ☐ 4 servings accompaniment: crusty bread
- ☐ 1 head garlic separated unpeeled
- ☐ 10 fl. oz. chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1.3 teaspoons salt
- ☐ 4 servings garnish: thyme fresh

- ☐ 2 thyme sprigs fresh
- ☐ 1 tablespoon butter unsalted

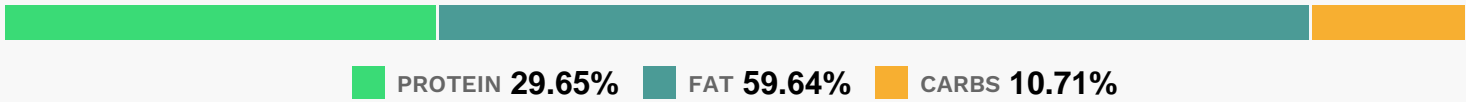
## Equipment

- ☐ bowl
- ☐ 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, starting skin sides down, turning over once, 8 to 10 minutes.
- ☐ Transfer to a plate and pour off all but 1 tablespoon fat from skillet.
- ☐ Add butter to skillet and heat over moderately high heat until foam subsides, then sauté celery root and garlic, stirring frequently, until celery root is browned, about 5 minutes.
- ☐ Add broth and thyme 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, then reduce heat and simmer, covered, until chicken is cooked through, 15 to 20 minutes for white meat, about 25 minutes for dark meat.
- ☐ Transfer chicken to a serving bowl as cooked and keep warm, loosely covered with foil.
- ☐ When all chicken pieces are done cooking, transfer sauce and vegetables to bowl with chicken, discarding thyme.

## Nutrition Facts



## Properties

Glycemic Index:59.38, Glycemic Load:4.71, Inflammation Score:-9, Nutrition Score:26.691304652587%

## Flavonoids

Apigenin: 3.96mg, Apigenin: 3.96mg, Apigenin: 3.96mg, Apigenin: 3.96mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 639.02kcal (31.95%), Fat: 42.2g (64.92%), Saturated Fat: 12.54g (78.36%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 13.74g (5%), Sugar: 2.75g (3.06%), Cholesterol: 181.02mg (60.34%), Sodium: 1080.68mg (46.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.21g (94.41%), Vitamin B3: 17.97mg (89.83%), Vitamin K: 73.22µg (69.73%), Phosphorus: 553.25mg (55.32%), Vitamin B6: 1.09mg (54.66%), Selenium: 34.8µg (49.72%), Potassium: 1005.5mg (28.73%), Vitamin B5: 2.7mg (26.95%), Manganese: 0.52mg (25.8%), Zinc: 3.69mg (24.61%), Vitamin B2: 0.41mg (24.16%), Vitamin C: 19.1mg (23.16%), Iron: 3.76mg (20.87%), Magnesium: 83.39mg (20.85%), Vitamin B1: 0.23mg (15.25%), Copper: 0.28mg (13.89%), Vitamin B12: 0.8µg (13.28%), Fiber: 3.31g (13.22%), Vitamin E: 1.89mg (12.61%), Calcium: 108.89mg (10.89%), Vitamin A: 484.36IU (9.69%), Folate: 28.99µg (7.25%), Vitamin D: 0.52µg (3.43%)