



Braised Chicken with Kale

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 tablespoons canola oil divided
- ☐ 4 chicken thighs
- ☐ 0.3 cup flour all-purpose
- ☐ 5 garlic clove chopped
- ☐ 16 ounce kale
- ☐ 14.5 ounce beef broth fat-free canned

- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt

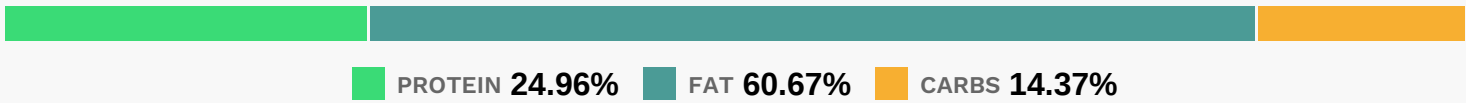
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add 2 teaspoons canola oil.
- ☐ Sprinkle the chicken with black pepper and 1/4 teaspoon salt.
- ☐ Place flour in a dish, and dredge chicken.
- ☐ Place 2 leg quarters in pan, and cook for 1 1/2 minutes on each side.
- ☐ Remove from pan. Repeat procedure with 2 teaspoons oil and remaining 2 leg quarters.
- ☐ Remove from pan.
- ☐ Add remaining 2 teaspoons oil to pan.
- ☐ Add garlic; cook for 20 seconds.
- ☐ Add half of kale; cook for 2 minutes.
- ☐ Add remaining half of kale; cook 3 minutes. Stir in tomatoes and broth; bring to a boil. Return chicken to pan. Cover and bake at 325 for 1 hour and 15 minutes.
- ☐ Remove chicken from pan; stir in vinegar.
- ☐ Serve chicken over kale mixture.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:33.580000045507%

Flavonoids

Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 53.08mg, Kaempferol: 53.08mg, Kaempferol: 53.08mg, Kaempferol: 53.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 25.67mg, Quercetin: 25.67mg, Quercetin: 25.67mg, Quercetin: 25.67mg

Nutrients (% of daily need)

Calories: 483.45kcal (24.17%), Fat: 32.79g (50.45%), Saturated Fat: 7.21g (45.04%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 11.69g (4.25%), Sugar: 3.34g (3.71%), Cholesterol: 141.61mg (47.2%), Sodium: 664.52mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.36g (60.72%), Vitamin K: 450.77µg (429.31%), Vitamin A: 11853.95IU (237.08%), Vitamin C: 108.95mg (132.06%), Manganese: 0.92mg (46.02%), Selenium: 31.24µg (44.62%), Vitamin B3: 8.54mg (42.7%), Vitamin B2: 0.63mg (36.91%), Vitamin B6: 0.71mg (35.65%), Calcium: 339.8mg (33.98%), Phosphorus: 305.55mg (30.55%), Potassium: 924.6mg (26.42%), Fiber: 5.79g (23.17%), Folate: 89.09µg (22.27%), Iron: 3.81mg (21.14%), Vitamin B1: 0.3mg (20.28%), Magnesium: 68.11mg (17.03%), Vitamin B5: 1.63mg (16.31%), Zinc: 2.35mg (15.67%), Vitamin B12: 0.92µg (15.41%), Vitamin E: 2.29mg (15.25%), Copper: 0.16mg (8%)