



Braised Chicken with Lemons



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 6 chicken thighs bone in ()
- ☐ 2 cloves garlic minced peeled
- ☐ 1 teaspoon herbs de provence
- ☐ 2 lemons rinsed halved lengthwise thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 1.3 cups shallots chopped
- ☐ 0.3 cup vermouth dry white

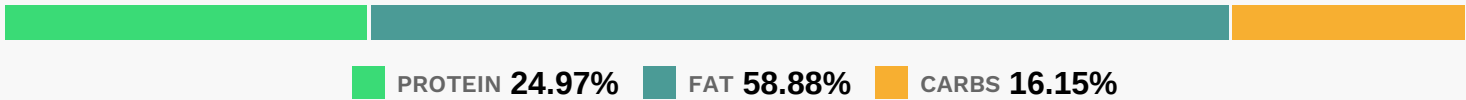
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Rinse chicken and pat dry; trim and discard pockets of fat. In a bowl, mix vinegar, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add thighs; turn to coat. Cover and chill 1 hour.
- ☐ Set a 5- to 6-quart ovenproof pan with lid over medium-high heat. Lift chicken thighs from marinade (reserve marinade) and arrange in a single layer in pan. Turn as necessary to brown on both sides, 4 to 6 minutes total.
- ☐ Transfer chicken to a rimmed plate and lower heat under pan.
- ☐ Add shallots and garlic to pan and stir frequently until shallots are limp, about 5 minutes. Return chicken to pan and add marinade, lemons, vermouth, and herbes de Provence.
- ☐ Cover pan.
- ☐ Transfer to a 350 regular or convection oven and bake until chicken is very tender when pierced, 30 to 45 minutes.
- ☐ Add salt and pepper to taste. Spoon into bowls to serve.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:6.84, Inflammation Score:-6, Nutrition Score:21.630435052125%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.13mg, Hesperetin: 15.13mg, Hesperetin: 15.13mg, Hesperetin: 15.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 618.1kcal (30.91%), Fat: 39.77g (61.18%), Saturated Fat: 10.23g (63.95%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 20.52g (7.46%), Sugar: 12.1g (13.44%), Cholesterol: 212.41mg (70.81%), Sodium: 476.1mg (20.7%), Alcohol: 1.54g (100%), Alcohol %: 0.49% (100%), Protein: 37.94g (75.88%), Selenium: 41.88µg (59.83%), Vitamin B6: 1.07mg (53.48%), Vitamin B3: 10.31mg (51.54%), Vitamin C: 35.13mg (42.58%), Phosphorus: 407.22mg (40.72%), Vitamin B5: 2.54mg (25.37%), Potassium: 821.95mg (23.48%), Vitamin B12: 1.39µg (23.12%), Zinc: 3.12mg (20.77%), Manganese: 0.39mg (19.38%), Vitamin B2: 0.32mg (18.64%), Iron: 3.3mg (18.35%), Magnesium: 67.5mg (16.87%), Fiber: 4.03g (16.13%), Vitamin B1: 0.23mg (15.43%), Vitamin K: 11.83µg (11.26%), Copper: 0.21mg (10.65%), Folate: 38.48µg (9.62%), Calcium: 76.9mg (7.69%), Vitamin E: 1.09mg (7.27%), Vitamin A: 194.22IU (3.88%), Vitamin D: 0.22µg (1.44%)