




 **13%**
HEALTH SCORE

Braised Chicken with Potatoes


 Dairy Free

READY IN




145 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour all-purpose
- 8 oz artichoke hearts frozen
- 2 cloves garlic crushed
- 1 optional: lemon
- 1.5 cups chicken broth low-sodium
- 2 tablespoons olive oil
- 4 servings salt and pepper
- 0.5 pound chicken thighs boneless skinless fat trimmed

- 0.5 cup wine
- 1 pound yukon gold potatoes peeled cut into 1 1/2-inch cubes

Equipment

- bowl
- frying pan
- wooden spoon
- stove
- slow cooker

Directions

- Rinse chicken and pat dry; season with salt and pepper.
- Spread flour in a shallow bowl and dredge each piece of chicken on both sides. In a large pan over medium-high heat, warm olive oil.
- Add chicken and fry, turning once, until golden brown on both sides (but still raw inside), 8 minutes.
- Transfer Friday chicken to a slow cooker.
- Reduce heat on stove to medium and add wine to pan (it will steam vigorously). With a wooden spoon, scrape up any browned bits that cling to pan. Bring to a boil, then pour liquid into slow cooker.
- Add broth, potatoes, artichoke hearts and garlic to slow cooker. Peel two 3-inch strips of lemon peel and add to slow cooker, along with juice from lemon.
- Turn slow cooker to high. Cook until chicken and potatoes are cooked through and tender, 2 hours and 15 minutes.
- Serve hot.

Nutrition Facts



PROTEIN 23.26% **FAT 30.68%** **CARBS 46.06%**

Properties

Glycemic Index:57.31, Glycemic Load:19.52, Inflammation Score:-6, Nutrition Score:17.053043634995%

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 Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 315.48kcal (15.77%), Fat: 10.37g (15.96%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 29.32g (10.66%), Sugar: 2g (2.22%), Cholesterol: 53.86mg (17.95%), Sodium: 306.85mg (13.34%), Alcohol: 3.09g (100%), Alcohol %: 1.01% (100%), Protein: 17.69g (35.38%), Vitamin C: 40.12mg (48.63%), Vitamin B6: 0.7mg (35.04%), Vitamin B3: 6.59mg (32.97%), Folate: 109.46µg (27.37%), Potassium: 906.09mg (25.89%), Phosphorus: 250.55mg (25.06%), Selenium: 16.27µg (23.24%), Fiber: 5.7g (22.82%), Manganese: 0.44mg (22.12%), Vitamin B2: 0.29mg (17.22%), Vitamin B1: 0.25mg (16.75%), Magnesium: 62.57mg (15.64%), Iron: 2.48mg (13.77%), Copper: 0.26mg (12.85%), Vitamin B5: 1.23mg (12.31%), Zinc: 1.59mg (10.57%), Vitamin E: 1.17mg (7.79%), Vitamin K: 8.18µg (7.79%), Vitamin B12: 0.45µg (7.52%), Calcium: 46.82mg (4.68%), Vitamin A: 109.27IU (2.19%)