



Braised Chicken with Shallots, Garlic, and Balsamic Vinegar



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz bacon
- ☐ 0.3 cup balsamic vinegar
- ☐ 3.5 lb meat from a rotisserie chicken cut into 8 serving pieces
- ☐ 1 head garlic separated peeled
- ☐ 1 lb shallots thinly sliced

Equipment

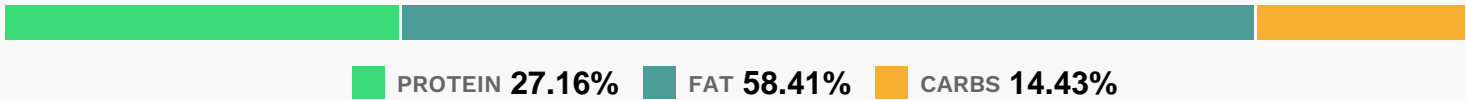
- ☐ frying pan

- ☐ paper towels
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Cook bacon in a deep 12-inch heavy skillet over moderately low heat, stirring, until crisp, about 8 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain and reserve bacon fat in skillet.
- ☐ While bacon is cooking, pat chicken dry and season with salt and pepper. Brown, beginning with skin sides down, in 2 batches in bacon fat over moderately high heat, turning, about 8 minutes.
- ☐ Transfer chicken as browned with tongs to a plate and pour off all but 2 tablespoons fat from skillet.
- ☐ Add shallots to skillet and cook over moderately low heat, covered, stirring occasionally, until soft and pale golden, about 10 minutes.
- ☐ Remove lid and cook shallots, stirring, until deep golden, about 10 minutes more.
- ☐ Add garlic and 1 cup water to skillet and boil, stirring, 1 minute.
- ☐ Return chicken to skillet, turning pieces to coat, then arrange them skin sides up and gently simmer, covered, until chicken is cooked through and garlic is tender, about 30 minutes.
- ☐ Transfer chicken with tongs to a serving dish.
- ☐ Add vinegar to sauce and boil, uncovered, mashing garlic with back of a spoon, until slightly thickened. Season sauce with salt and pepper and pour over chicken, then sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:5.98, Inflammation Score:-6, Nutrition Score:20.442173885263%

Nutrients (% of daily need)

Calories: 624.17kcal (31.21%), Fat: 40.09g (61.67%), Saturated Fat: 12.01g (75.06%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 18.58g (6.76%), Sugar: 11.31g (12.57%), Cholesterol: 161.59mg (53.86%), Sodium: 339mg (14.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.94g (83.88%), Vitamin B3: 14.33mg (71.64%), Vitamin B6: 1.13mg (56.72%), Selenium: 34.51µg (49.3%), Phosphorus: 392.2mg (39.22%), Manganese: 0.54mg (27.08%), Potassium: 815.34mg (23.3%), Vitamin B5: 2.22mg (22.21%), Zinc: 3.3mg (22.02%), Iron: 3.34mg (18.53%), Vitamin B1: 0.26mg (17.4%), Magnesium: 67.88mg (16.97%), Vitamin B2: 0.27mg (16.16%), Fiber: 3.71g (14.85%), Vitamin C: 12.12mg (14.69%), Folate: 50.05µg (12.51%), Vitamin B12: 0.73µg (12.21%), Copper: 0.21mg (10.41%), Calcium: 70.21mg (7.02%), Vitamin A: 282.14IU (5.64%), Vitamin E: 0.76mg (5.07%), Vitamin K: 4.12µg (3.92%), Vitamin D: 0.49µg (3.3%)