



Braised Chicken with Tomatillos and Jalapenos

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken legs
- 2 cups chicken stock see
- 4 chicken thighs trimmed
- 0.3 cup cilantro leaves fresh chopped for garnish
- 3 cloves garlic smashed finely chopped
- 2 jalapeños
- 6 servings kosher salt

- 2 lime zest juiced
- 6 servings olive oil extra-virgin
- 1 large onion spanish cut into 1/4-inch dice
- 0.5 cup cup heavy whipping cream sour
- 6 tomatillos husked

Equipment

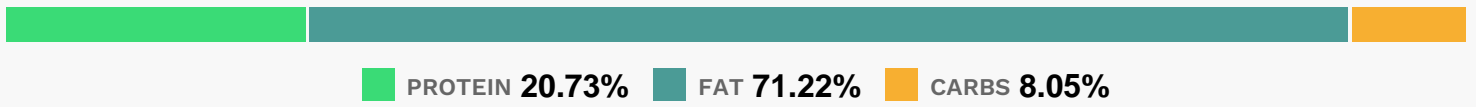
- frying pan
- grill

Directions

- For the chicken: Preheat the grill.
- Place the tomatillos and jalapenos on the grill and cook until the skins char and blister, 10 to 12 minutes.
- Remove the tomatillos and jalapenos from the grill and let cool.
- Coat a large, wide straight-sided saute pan with olive oil and bring to medium-high heat.
- Sprinkle the chicken generously with salt.
- Add the chicken legs and thighs, skin-side down, to the hot pan. Brown the chicken well on all sides.
- Remove from the pan and reserve.
- Ditch the excess fat from the pan and add a few drops of new oil.
- Add the onions, season with salt and cook until the onions are very soft and aromatic, 7 to 8 minutes.
- While the onions are cooking, coarsely chop the tomatillos and reserve. Chop the jalapenos into 1/4-inch dice and reserve with the tomatillos. If you want to tone down the heat, remove the seeds from the jalapenos before chopping.
- Add the garlic to the pan with the onions and cook for 1 to 2 minutes.
- Add the reserved tomatillos and jalapenos. Stir to combine and add the chicken stock, lime juice and zest. Taste and season with salt if needed (it probably will).

- Return the chicken to the pan and bring to a boil. Reduce to a simmer and cover. Cook for 15 minutes.
- Remove the lid and let cook for 15 more minutes. This will allow the stock to reduce. Taste for seasoning and adjust if needed.
- Combine the sour cream with the lime zest and juice and reserve.
- Remove the chicken from the pan and stir in the cilantro.
- Spoon the sauce over the chicken, sprinkle with cilantro leaves and serve with the lime sour cream.
- Beverage Pairing Suggestion: Light Lager

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:16.948695467866%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 570.59kcal (28.53%), Fat: 45.33g (69.74%), Saturated Fat: 11.32g (70.72%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 9.66g (3.51%), Sugar: 4.9g (5.45%), Cholesterol: 167.4mg (55.8%), Sodium: 447.05mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.69g (59.37%), Vitamin B3: 9.63mg (48.13%), Selenium: 32.64µg (46.62%), Vitamin B6: 0.69mg (34.3%), Phosphorus: 316.67mg (31.67%), Vitamin C: 19.01mg (23.05%), Vitamin B2: 0.35mg (20.58%), Vitamin E: 2.83mg (18.85%), Vitamin B5: 1.84mg (18.41%), Vitamin K: 19.06µg (18.15%), Potassium: 608.37mg (17.38%), Zinc: 2.55mg (16.99%), Vitamin B12: 1µg (16.72%), Vitamin B1: 0.19mg (12.58%), Magnesium: 47.64mg (11.91%), Iron: 1.8mg (10.03%), Copper: 0.19mg (9.54%), Vitamin A: 405.43IU (8.11%), Fiber: 1.88g (7.51%), Manganese: 0.15mg (7.35%), Calcium: 55mg (5.5%), Folate: 21.48µg (5.37%), Vitamin D: 0.16µg (1.07%)