



Braised Chicken with Tomatillos and Jalapenos

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- 2 cups chicken stock see
- 4 strips. trimmed
- 4 strips. trimmed
- 0.3 cup cilantro leaves fresh chopped for garnish
- 3 cloves garlic smashed finely chopped
- 2 jalapeno

- 6 servings kosher salt
- 2 lime zest juiced
- 6 servings olive oil extra virgin extra-virgin
- 1 large onion spanish cut into 1/4-inch dice
- 0.5 cup 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

PROTEIN 22.81% **FAT 70.81%** **CARBS 6.38%**

Properties

Glycemic Index:25.5, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:21.849130552748%

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: 735.57kcal (36.78%), Fat: 57.85g (88.99%), Saturated Fat: 14.69g (91.81%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 9.85g (3.58%), Sugar: 4.9g (5.45%), Cholesterol: 241.23mg (80.41%), Sodium: 505.05mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.92g (83.84%), Selenium: 46.72µg (66.75%), Vitamin B3: 13.12mg (65.62%), Vitamin B6: 0.94mg (47.22%), Phosphorus: 435.69mg (43.57%), Vitamin B2: 0.45mg (26.43%), Vitamin B5: 2.61mg (26.06%), Vitamin B12: 1.49µg (24.76%), Zinc: 3.49mg (23.27%), Vitamin C: 19.01mg (23.05%), Potassium: 762.8mg (21.79%), Vitamin E: 2.99mg (19.91%), Vitamin K: 20.64µg (19.66%), Vitamin B1: 0.24mg (16.3%), Magnesium: 61.95mg (15.49%), Iron: 2.31mg (12.83%), Copper: 0.23mg (11.46%), Vitamin A: 464.19IU (9.28%), Manganese: 0.16mg (7.95%), Fiber: 1.88g (7.51%), Calcium: 61.02mg (6.1%), Folate: 23.74µg (5.94%), Vitamin D: 0.24µg (1.58%)