



Braised Chicken with Tomatoes and Olives (Poulet Provençal)

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings top
- ☐ 0.5 teaspoon fennel seeds
- ☐ 1 leaf flat parsley chopped
- ☐ 4 large garlic clove minced sliced
- ☐ 2 teaspoons herbs de provence divided
- ☐ 0.5 cup oil-cured olives black pitted drained
- ☐ 3 tablespoons olive oil divided

- ☐ 1 large onion cut into wedges, leaving root ends intact
- ☐ 1 pound tomatoes cut into wedges (3 to 4 medium)
- ☐ 3.5 pounds chicken whole

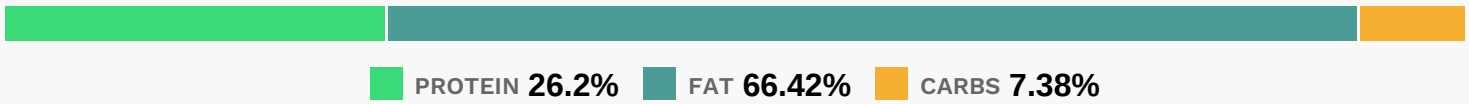
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat convection oven to 400°F or regular oven to 425°F with rack in middle.
- ☐ Toss together tomatoes, onion, olives, sliced garlic, 2 tablespoons oil, 1 teaspoon herbes de Provence, fennel seeds, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a 13- by 9-inch or other 3-quart shallow baking dish. Push vegetables to sides of dish to make room for chicken.
- ☐ Stir together minced garlic, 1 teaspoon salt, 1/2 teaspoon pepper, remaining teaspoon herbes de Provence, and remaining tablespoon olive oil.
- ☐ Remove excess fat from chicken and pat dry, then rub inside and out with seasoning mixture. Tie legs together with string, then put chicken in baking dish.
- ☐ Roast until an instant-read thermometer inserted into thickest part of a thigh (do not touch bone) registers 170°F, about 1 hour in convection oven; 1 to 1 1/4 hours in regular oven.
- ☐ Let chicken stand 10 minutes before carving.
- ☐ Serve with vegetables and pan juices.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:2.61, Inflammation Score:-8, Nutrition Score:20.788260646488%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 571.82kcal (28.59%), Fat: 42.15g (64.85%), Saturated Fat: 10.07g (62.96%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 7.61g (2.77%), Sugar: 4.75g (5.28%), Cholesterol: 142.88mg (47.63%), Sodium: 411.15mg (17.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.41g (74.82%), Vitamin B3: 13.83mg (69.13%), Vitamin B6: 0.85mg (42.51%), Selenium: 28.51µg (40.73%), Phosphorus: 326.82mg (32.68%), Vitamin K: 31.25µg (29.77%), Vitamin C: 22.93mg (27.79%), Vitamin A: 1319.05IU (26.38%), Vitamin E: 3.39mg (22.6%), Potassium: 713.65mg (20.39%), Vitamin B5: 1.91mg (19.07%), Zinc: 2.85mg (18.98%), Iron: 3.01mg (16.73%), Manganese: 0.33mg (16.27%), Vitamin B2: 0.27mg (16.01%), Magnesium: 59.44mg (14.86%), Vitamin B1: 0.19mg (12.93%), Fiber: 2.93g (11.73%), Copper: 0.21mg (10.55%), Vitamin B12: 0.59µg (9.84%), Folate: 39.14µg (9.79%), Calcium: 68.54mg (6.85%), Vitamin D: 0.38µg (2.54%)