



Braised Herb Chicken Thighs with Potatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups carrots 2-inch-thick ()
- ☐ 2 pounds chicken thighs
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon olive oil

- ☐ 1 large onion cut into 8 wedges
- ☐ 1 teaspoon oregano dried
- ☐ 2 teaspoons paprika
- ☐ 1.5 pounds potatoes red quartered
- ☐ 1 teaspoon salt

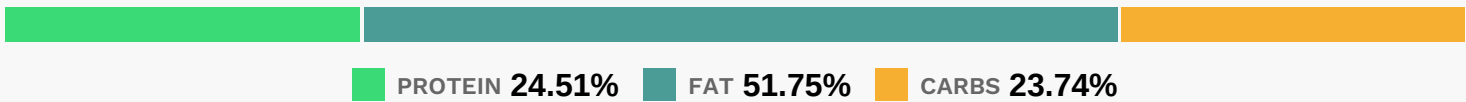
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add chicken; seal bag, shaking to coat.
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add chicken and remaining flour mixture to pan; cook 3 minutes on each side or until lightly brown.
- ☐ Add carrot and onion; cook 3 minutes, stirring frequently.
- ☐ Add broth, wine, and potatoes; bring to a boil. Reduce heat, and simmer 35 minutes or until chicken is done and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:53.96, Glycemic Load:4.55, Inflammation Score:-10, Nutrition Score:31.824347858844%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg

Nutrients (% of daily need)

Calories: 706.39kcal (35.32%), Fat: 39.42g (60.65%), Saturated Fat: 10.43g (65.19%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 34.99g (12.72%), Sugar: 6.61g (7.35%), Cholesterol: 222.26mg (74.09%), Sodium: 1171.99mg (50.96%), Alcohol: 3.09g (100%), Alcohol %: 0.65% (100%), Protein: 42.01g (84.02%), Vitamin A: 8720.35IU (174.41%), Vitamin B3: 13.87mg (69.35%), Selenium: 46.78µg (66.83%), Vitamin B6: 1.24mg (61.78%), Phosphorus: 513.36mg (51.34%), Potassium: 1532.66mg (43.79%), Vitamin B5: 3.12mg (31.21%), Manganese: 0.56mg (27.85%), Vitamin B12: 1.62µg (27.03%), Vitamin B1: 0.4mg (26.48%), Vitamin B2: 0.45mg (26.31%), Zinc: 3.73mg (24.87%), Magnesium: 98.82mg (24.71%), Vitamin C: 20.38mg (24.7%), Vitamin K: 25.52µg (24.31%), Fiber: 5.69g (22.77%), Iron: 4.1mg (22.76%), Copper: 0.42mg (20.94%), Folate: 64.08µg (16.02%), Vitamin E: 1.37mg (9.12%), Calcium: 82.76mg (8.28%), Vitamin D: 0.23µg (1.51%)