



Braised Paprika Chicken

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 2.5 pounds chicken thighs bone-in (6 to 8)
- 2 tablespoons kosher salt
- 2 cups chicken broth low-sodium
- 1 medium baking potatoes
- 4 servings salt and pepper black freshly ground
- 2 tablespoons paprika smoked
- 1 tablespoon vegetable oil

- 2 medium onions yellow thinly sliced quartered

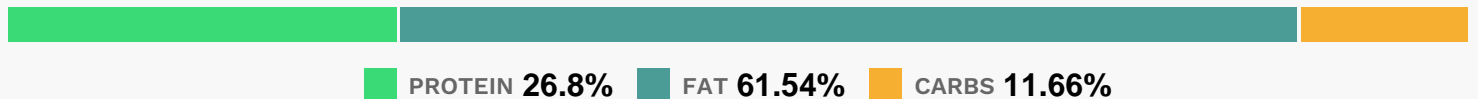
Equipment

- frying pan
- sauce pan
- stove
- dutch oven

Directions

- Combine kosher salt, paprika, and 1 teaspoon freshly ground black pepper. Pat chicken dry and rub the mixture all over.
- Place a 3-to 4-quart Dutch oven or saucepan over medium heat and add oil. When it smokes, add chicken, skin side down, and cook until well browned, about 3 minutes. Flip and repeat on second side.
- Transfer chicken to a plate and drain off all but 1 tablespoon of the drippings. Return to stove on medium heat, add onions, and season with salt and freshly ground black pepper. Cook until golden and softened, about 3 minutes.
- Add potatoes and broth and scrape the pan to incorporate any browned bits.
- Add chicken, bring to a boil, and then reduce heat to medium-low. Cover and cook until chicken is cooked through, about 30 minutes.
- Remove chicken to a plate and cover.
- Bring sauce to a boil over medium-high heat and cook until slightly reduced, about 10 minutes. Taste and adjust seasoning, as desired.
- Add chicken, turn to moisten in sauce, and serve.

Nutrition Facts



Properties

Glycemic Index:47.69, Glycemic Load:8.88, Inflammation Score:-9, Nutrition Score:24.260435016259%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 652.11kcal (32.61%), Fat: 44.7g (68.77%), Saturated Fat: 11.64g (72.75%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 16.05g (5.84%), Sugar: 3.18g (3.53%), Cholesterol: 236.15mg (78.72%), Sodium: 3716.53mg (161.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.8g (87.59%), Vitamin B3: 13.78mg (68.91%), Selenium: 45.81µg (65.44%), Vitamin B6: 1.16mg (58.24%), Phosphorus: 473.31mg (47.33%), Vitamin A: 1916.76IU (38.34%), Potassium: 986.32mg (28.18%), Vitamin B5: 2.77mg (27.72%), Vitamin B12: 1.66µg (27.67%), Vitamin B2: 0.43mg (25.3%), Zinc: 3.55mg (23.64%), Iron: 3.26mg (18.13%), Magnesium: 72.06mg (18.01%), Vitamin B1: 0.26mg (17.3%), Manganese: 0.33mg (16.71%), Vitamin K: 16.28µg (15.51%), Copper: 0.29mg (14.75%), Vitamin E: 1.83mg (12.17%), Fiber: 3g (12%), Vitamin C: 7.14mg (8.65%), Folate: 26.95µg (6.74%), Calcium: 56.4mg (5.64%), Vitamin D: 0.24µg (1.61%)