



Cane Vinegar Chicken with Pearl Onions, Orange & Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



843 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup chicken stock see
- 4 chicken thighs (total of)
- 1 tablespoon mint leaves fresh
- 3 garlic cloves thinly sliced
- 2 large navel oranges cut into supremes
- 16 pearl onions peeled

- 0.5 teaspoon sea salt
- 0.3 teaspoon paprika smoked hot
- 2 cups pkt spinach cleaned (stems removed)
- 2 tablespoons butter unsalted
- 1 cup cane vinegar

Equipment

- frying pan
- pot
- spatula

Directions

- Season the thighs with the salt and pepper.
- In a wide, heavy-bottomed pot that has a lid, melt the butter over medium heat.
- Add the thighs, skin side down, and let them cook without moving them around for 7 minutes. You are encouraging good caramelization of the skin and developing a ton of flavor in the process. After 7 minutes turn the thighs over and add the onions, paprika, and garlic to the pot. Cook for 5 minutes and then add the vinegar, being careful not to let it flame up.
- This is a good time to get a spatula and loosen up all of those pan drippings. The vinegar needs to cook down by half, and when it does, add the stock. Cover and reduce the heat to low. Cook for 20 minutes over low heat, remove the lid, and add the oranges, mint, and spinach. Stir lightly and serve immediately.
- Reprinted with permission from A New Turn in the South by Hugh Acheson, © 2011 Clarkson Potter. HUGH ACHESON is the chef/partner of the Athens, Georgia, restaurants Five and Ten (named best Atlanta restaurant by the Atlanta Journal-Constitution) and The National; the shop Gosford Wine; and his Atlanta restaurant, Empire State South. He is a five-time James Beard nominee for "Best Chef Southeast" and was named "Best New Chef" by Food & Wine. He lives in Athens with his wife and their two daughters.

Nutrition Facts

 PROTEIN 21.68%  FAT 55.19%  CARBS 23.13%

Properties

Glycemic Index:93, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:41.023912896281%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 30.87mg, Hesperetin: 30.87mg, Hesperetin: 30.87mg, Hesperetin: 30.87mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 50.27mg, Quercetin: 50.27mg, Quercetin: 50.27mg, Quercetin: 50.27mg

Nutrients (% of daily need)

Calories: 842.76kcal (42.14%), Fat: 50.99g (78.44%), Saturated Fat: 17.86g (111.62%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 39.81g (14.48%), Sugar: 24.23g (26.92%), Cholesterol: 255.18mg (85.06%), Sodium: 967.54mg (42.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.06g (90.12%), Vitamin K: 152.51µg (145.25%), Vitamin C: 111.37mg (135%), Vitamin A: 3924.55IU (78.49%), Vitamin B6: 1.37mg (68.55%), Selenium: 47.85µg (68.35%), Vitamin B3: 13.59mg (67.95%), Phosphorus: 524.33mg (52.43%), Manganese: 0.87mg (43.41%), Folate: 167.75µg (41.94%), Potassium: 1386.82mg (39.62%), Vitamin B2: 0.61mg (36.07%), Fiber: 8.27g (33.06%), Vitamin B5: 3.04mg (30.37%), Vitamin B1: 0.45mg (30.07%), Magnesium: 116.41mg (29.1%), Zinc: 3.79mg (25.28%), Vitamin B12: 1.47µg (24.5%), Copper: 0.4mg (20.22%), Iron: 3.59mg (19.95%), Calcium: 194.05mg (19.4%), Vitamin E: 1.78mg (11.88%), Vitamin D: 0.44µg (2.91%)