



WHATSheATE



Chardonnay-Braised Chicken Thighs with Parsnips

READY IN



45 min.

SERVINGS



25

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 25 servings pepper black freshly ground
- ☐ 1 cup california chardonnay dry white
- ☐ 8 medium chicken thighs (medium;)
- ☐ 1 leaf flat parsley chopped for garnish
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pound parsnips peeled cut into 3-by- 1/2-inch batons

- ☐ 1 sprig rosemary (6 inches)
- ☐ 25 servings salt
- ☐ 4 small shallots peeled quartered (small)
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven to 42
- ☐ In a large, deep ovenproof skillet, melt the butter in the oil. Season the chicken with salt and pepper and dust with the flour, tapping off the excess.
- ☐ Add the chicken to the skillet skin side down and cook over high heat, turning once, until browned, 6 minutes.
- ☐ Transfer to a plate.
- ☐ Add the shallots, parsnips and rosemary to the skillet and cook, stirring, for 1 minute.
- ☐ Add the wine and boil until reduced by half, about 3 minutes.
- ☐ Add the broth and bring to a boil. Nestle the chicken skin side up in the skillet, tucking it between the parsnips.
- ☐ Transfer the skillet to the middle rack of the oven and braise the chicken uncovered for about 25 minutes, until cooked through.
- ☐ Turn the broiler on. Broil the chicken for 3 minutes, until the skin is crisp. Return the skillet to high heat and boil until the sauce is thickened, 3 minutes. Discard the rosemary sprig.
- ☐ Transfer the chicken and vegetables to bowls, garnish with parsley; serve.

Nutrition Facts



 PROTEIN **21.74%**  FAT **60.47%**  CARBS **17.79%**

Properties

Glycemic Index:12.24, Glycemic Load:2.13, Inflammation Score:-2, Nutrition Score:4.6034783163796%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 128.63kcal (6.43%), Fat: 8.19g (12.61%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.3g (1.44%), Cholesterol: 37.84mg (12.61%), Sodium: 228.86mg (9.95%), Alcohol: 1.01g (100%), Alcohol %: 1.49% (100%), Protein: 6.63g (13.26%), Selenium: 7.59µg (10.84%), Vitamin B3: 2.09mg (10.47%), Vitamin B6: 0.16mg (8.06%), Phosphorus: 80.16mg (8.02%), Manganese: 0.15mg (7.6%), Vitamin K: 6.45µg (6.14%), Potassium: 177.65mg (5.08%), Vitamin B5: 0.5mg (5%), Fiber: 1.08g (4.32%), Folate: 17.11µg (4.28%), Vitamin C: 3.46mg (4.19%), Vitamin B2: 0.07mg (4.12%), Vitamin B12: 0.25µg (4.12%), Zinc: 0.61mg (4.08%), Vitamin B1: 0.06mg (3.73%), Magnesium: 14.56mg (3.64%), Vitamin E: 0.54mg (3.58%), Iron: 0.53mg (2.96%), Copper: 0.05mg (2.74%), Calcium: 13.46mg (1.35%), Vitamin A: 60.4IU (1.21%)