



Chicken a la Polly Kohen



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 12 ounces chili sauce
- ☐ 0.5 cup brown sugar dark
- ☐ 2 cloves garlic minced
- ☐ 6 servings kosher salt
- ☐ 1 small onion diced
- ☐ 8 ounces pineapple chunks with half the juice from the can canned
- ☐ 0.5 cup raisins

- ☐ 0.5 cup cooking sherry
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water
- ☐ 3 pound meat from a rotisserie chicken whole quartered

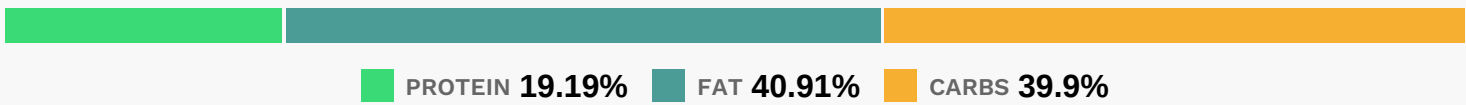
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Heat oil in large saute pan over medium-high heat. Season chicken with salt and pepper and sear in a large saute pan only to brown the skin not to cook through.
- ☐ Remove chicken and add the onions. Cook until tender, about 5 minutes, then add garlic and cook until fragrant.
- ☐ Add the chili sauce, raisins and sugar. Return the chicken to the skillet, skin side up and cover the pan tightly with aluminum foil then bake for 1 hour 15 minutes. Uncover pan, add sherry, water and fruit and bake for another 20 minutes.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:5.52, Inflammation Score:-6, Nutrition Score:13.226086958595%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 477.21kcal (23.86%), Fat: 21.22g (32.65%), Saturated Fat: 5.44g (34%), Carbohydrates: 46.58g (15.53%), Net Carbohydrates: 43.66g (15.88%), Sugar: 31.41g (34.9%), Cholesterol: 81.65mg (27.22%), Sodium: 1040.81mg (45.25%), Alcohol: 2.06g (100%), Alcohol %: 0.93% (100%), Protein: 22.4g (44.8%), Vitamin B3: 8.62mg (43.08%), Vitamin B6: 0.57mg (28.35%), Selenium: 16.97µg (24.24%), Phosphorus: 210.62mg (21.06%), Vitamin C: 16.19mg (19.63%), Potassium: 623.09mg (17.8%), Vitamin K: 13.49µg (12.85%), Vitamin B2: 0.21mg (12.22%), Vitamin E: 1.8mg (11.99%), Vitamin B1: 0.18mg (11.79%), Fiber: 2.92g (11.67%), Iron: 2.09mg (11.61%), Vitamin A: 557.73IU (11.15%), Copper: 0.22mg (11.15%), Zinc: 1.64mg (10.93%), Magnesium: 43.21mg (10.8%), Vitamin B5: 1.05mg (10.51%), Manganese: 0.13mg (6.66%), Vitamin B12: 0.34µg (5.62%), Calcium: 55.11mg (5.51%), Folate: 16.53µg (4.13%), Vitamin D: 0.22µg (1.45%)