



Chicken and Brussels Sprouts over White-Bean and Rosemary Puree

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound brussels sprouts cut in half from top to stem
- 4 skin-on chicken drumsticks
- 4 chicken thighs
- 2 tablespoons flat-leaf parsley chopped
- 1 teaspoon rosemary dried fresh crumbled chopped
- 2 cloves garlic minced
- 4 servings fresh-ground pepper black

- 4 tablespoons olive oil
- 4 servings salt
- 0.5 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan

Directions

- Heat the oven to 45
- In a medium bowl, toss the Brussels sprouts with 1 tablespoon of the oil, 1/4 teaspoon of salt, and 1/4 of teaspoon pepper. Set aside.
- Put the chicken pieces in a large roasting pan and toss with 1 tablespoon of oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Arrange the chicken pieces about 1 inch apart, skin-side up, and roast for 25 minutes.
- Add the Brussels sprouts and continue cooking until the chicken and sprouts are done, about 12 minutes longer.
- Transfer them to plate and leave to rest in a warm spot for about 5 minutes.
- Meanwhile, in a medium saucepan, heat the remaining 2 tablespoons oil, the garlic, and the rosemary over low heat, stirring, for 3 minutes. Raise the heat to moderate and add the beans, 1/4 cup of the water, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Cook, mashing the beans to a coarse puree, until hot, about 5 minutes. Stir in the parsley.
- Pour off the fat from the roasting pan. Set the pan over moderate heat and add the remaining 1/4 cup water. Bring to a boil, scraping the bottom of the pan to dislodge any brown bits. Boil until reduced to 1/4 cup, about 4 minutes.
- Add any accumulated juices from the chicken and a pinch each of salt and pepper. Spoon the white-bean puree onto plates and top with the chicken, the Brussels sprouts, and then the pan juices.

Wine Recommendation: Pair this Mediterranean-inspired dish with a full-flavored red from France. Try one from the southern Rhne Valley such as a Chteaneuf-du-Pape or a Ctes-du-Rhne.

Nutrition Facts

PROTEIN 25.99% **FAT 67.52%** **CARBS 6.49%**

Properties

Glycemic Index:31.5, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:27.241739262705%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 531.42kcal (26.57%), Fat: 40.09g (61.67%), Saturated Fat: 8.91g (55.66%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 5.31g (1.93%), Sugar: 1.9g (2.12%), Cholesterol: 180.39mg (60.13%), Sodium: 383.96mg (16.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Vitamin K: 196.22µg (186.88%), Vitamin C: 75.42mg (91.42%), Selenium: 37.4µg (53.43%), Vitamin B3: 9.58mg (47.91%), Vitamin B6: 0.85mg (42.3%), Phosphorus: 366.53mg (36.65%), Vitamin B5: 2.21mg (22.12%), Zinc: 3.27mg (21.78%), Potassium: 750.09mg (21.43%), Vitamin E: 3.16mg (21.09%), Vitamin B2: 0.36mg (20.94%), Vitamin B12: 1.14µg (18.99%), Vitamin A: 934.13IU (18.68%), Manganese: 0.36mg (17.97%), Vitamin B1: 0.27mg (17.87%), Folate: 60.67µg (15.17%), Iron: 2.67mg (14.81%), Magnesium: 58.04mg (14.51%), Fiber: 3.36g (13.43%), Copper: 0.18mg (8.85%), Calcium: 59.48mg (5.95%), Vitamin D: 0.19µg (1.26%)