



Chicken arrabbiata



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 350 ml chicken stock see
- ☐ 2 chillies red deseeded sliced
- ☐ 1 garlic bulb separated
- ☐ 3 tbsp olive oil
- ☐ 2 medium onions halved sliced
- ☐ 350 ml red wine
- ☐ 6 chicken legs skinless
- ☐ 2 tsp thyme leaves chopped

- ☐ 3 tbsp tomato purée
- ☐ 600 g tomatoes finely chopped

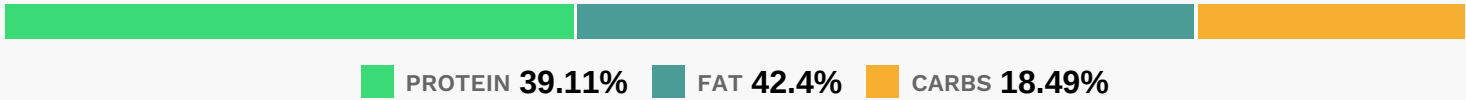
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large heavybasedpan.
- ☐ Add the onions and wholegarlic cloves. Fry, stirring frequently,for 10 mins, adding the chillies forthefinal min.
- ☐ Pour in the wine, turn up the heatand allow it to bubble for 1 min tocook off the alcohol. Stir in the stock,tomatoes, tomato purée and thymewith some seasoning.
- ☐ Add the chickenlegs, pushing them under the liquid,then part-cover the pan and leave tosimmer gently for 45 mins.
- ☐ Remove the lid and cook for afurther 15 mins until the chicken istender and the sauce has reduceda little.
- ☐ Serve scattered with parsley,if you like, and pasta or mash.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:2.56, Inflammation Score:-9, Nutrition Score:19.178260844687%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 8.19mg, Malvidin: 8.19mg, Malvidin: 8.19mg, Malvidin: 8.19mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.16mg

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 330.79kcal (16.54%), Fat: 13.47g (20.73%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 10.97g (3.99%), Sugar: 6.67g (7.41%), Cholesterol: 119mg (39.67%), Sodium: 220.96mg (9.61%), Alcohol: 6.27g (100%), Alcohol %: 1.92% (100%), Protein: 27.96g (55.91%), Vitamin C: 39.52mg (47.9%), Vitamin B3: 9.2mg (46.01%), Selenium: 28.86µg (41.23%), Vitamin B6: 0.81mg (40.5%), Phosphorus: 306.79mg (30.68%), Potassium: 821.53mg (23.47%), Vitamin A: 1074.23IU (21.48%), Vitamin B2: 0.35mg (20.54%), Zinc: 2.74mg (18.29%), Vitamin K: 18.6µg (17.72%), Vitamin B5: 1.73mg (17.28%), Manganese: 0.32mg (15.79%), Magnesium: 59.6mg (14.9%), Vitamin E: 2.07mg (13.78%), Vitamin B1: 0.2mg (13.57%), Vitamin B12: 0.73µg (12.24%), Iron: 2.14mg (11.89%), Copper: 0.23mg (11.72%), Fiber: 2.25g (8.99%), Folate: 35.13µg (8.78%), Calcium: 43.42mg (4.34%)