



Chicken Braised with Figs on Wilted Escarole

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 pound chicken breast halves
- ☐ 1 pound skin-on chicken drumsticks
- ☐ 1 pound strips.
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 cup figs dried halved
- ☐ 1.5 pounds endive coarsely chopped

- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.5 teaspoon fennel powder
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon thyme sprigs fresh minced
- ☐ 2 garlic clove crushed
- ☐ 0.3 cup honey
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup red wine sweet
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt divided
- ☐ 0.8 pound shallots peeled

Equipment

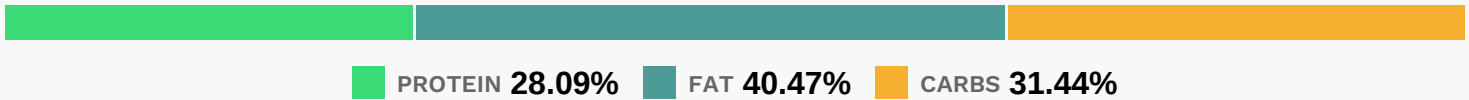
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ To prepare chicken, bring port to a boil in a medium saucepan.
- ☐ Add figs; remove from heat.
- ☐ Let stand, covered, 30 minutes or until soft.
- ☐ Combine flour, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large zip-top plastic bag; add chicken. Seal and shake to coat.

- ☐ Heat 1 tablespoon oil in a large Dutch oven over medium-high heat.
- ☐ Add half of chicken to pan, and cook 5 minutes on each side or until lightly browned.
- ☐ Remove chicken from pan. Repeat procedure with 1 tablespoon oil and remaining chicken. Return chicken to pan.
- ☐ Add fig mixture, 1/4 teaspoon salt, 1/4 teaspoon pepper, shallots, and next 4 ingredients (shallots through 1 can broth). Cover and bake at 350 for 25 minutes. Stir in honey. Uncover and bake at 350 for 25 minutes. Stir in vinegar; place mixture in a large bowl. Cover and keep warm.
- ☐ To prepare escarole, heat 1 tablespoon oil in pan over medium heat.
- ☐ Add escarole; cook 5 minutes or until escarole begins to wilt.
- ☐ Add 1/2 cup broth. Cover; cook 5 minutes or until tender. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Serve chicken mixture over escarole.

Nutrition Facts



Properties

Glycemic Index:71.21, Glycemic Load:15.92, Inflammation Score:-10, Nutrition Score:37.814348080884%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 11.49mg, Kaempferol: 11.49mg, Kaempferol: 11.49mg, Kaempferol: 11.49mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 621.36kcal (31.07%), Fat: 26.99g (41.52%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 47.17g (15.72%), Net Carbohydrates: 38.92g (14.15%), Sugar: 28.68g (31.87%), Cholesterol: 169.07mg (56.36%), Sodium: 971.69mg (42.25%), Alcohol: 4.24g (100%), Alcohol %: 0.96% (100%), Protein: 42.14g (84.28%), Vitamin K: 274.1µg (261.05%), Manganese: 1.65mg (82.28%), Vitamin B3: 15.5mg (77.48%), Selenium: 53.21µg (76.01%), Vitamin B6: 1.3mg (64.79%), Vitamin A: 2624.95IU (52.5%), Folate: 201.01µg (50.25%), Phosphorus: 474.21mg (47.42%), Potassium: 1375.87mg (39.31%), Vitamin B5: 3.82mg (38.23%), Fiber: 8.25g (32.98%), Vitamin B2: 0.45mg (26.18%), Zinc: 3.83mg (25.53%), Magnesium: 100.73mg (25.18%), Iron: 4.17mg (23.18%), Vitamin B1: 0.34mg (22.86%), Vitamin C: 15.4mg (18.66%), Copper: 0.37mg (18.6%), Vitamin B12: 1.08µg (18.06%), Calcium: 153.94mg (15.39%), Vitamin E: 2.02mg (13.49%), Vitamin D: 0.2µg (1.35%)