



Chicken, Fennel, and Artichoke Fricassee Is a Flavorful One-Skillet Dish

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds chicken whole cut into 10 pieces
- 1 serving salt and pepper freshly ground
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 fennel bulb trimmed cut into ¼-inch wedges, ¼ cup fronds reserved
- 15 ounces artichoke hearts whole drained canned
- 1 small onion red cut into ½-inch wedges
- 1 cup chicken stock see

- 1 tablespoon red-wine vinegar
- 3 tablespoons parsley fresh coarsely chopped

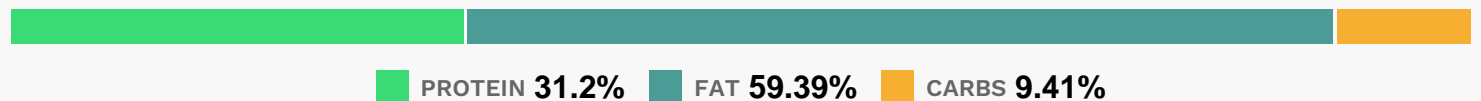
Equipment

- frying pan
- oven

Directions

- Preheat oven to 425 degrees. Season chicken with 1 teaspoon salt and 1/2 teaspoon pepper.
- Heat oil in a large ovenproof skillet over high heat until hot but not smoking. Brown chicken on all sides, 8 to 10 minutes.
- Transfer to a plate.
- Pour off all but 1 tablespoon fat. Reduce heat to medium-high. Brown fennel wedges, artichokes, and onion in skillet, stirring occasionally, 2 to 3 minutes.
- Return chicken to skillet.
- Add stock.
- Transfer to oven. Braise until cooked through, 18 to 20 minutes.
- Transfer chicken and vegetables to a platter. Reduce braising liquid over high heat to about 1/3 cup. Stir in vinegar.
- Pour sauce over chicken, and top with fennel fronds and parsley.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:23.167391320933%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg

Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 576.11kcal (28.81%), Fat: 37.18g (57.2%), Saturated Fat: 10.13g (63.3%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 9.23g (3.36%), Sugar: 5.26g (5.84%), Cholesterol: 165.09mg (55.03%), Sodium: 712.76mg (30.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.95g (87.89%), Vitamin K: 91.54µg (87.18%), Vitamin B3: 16.2mg (81.01%), Selenium: 33.22µg (47.46%), Vitamin B6: 0.86mg (43.09%), Phosphorus: 375.52mg (37.55%), Potassium: 774.97mg (22.14%), Vitamin B5: 2.16mg (21.63%), Zinc: 3.13mg (20.89%), Vitamin C: 16.67mg (20.2%), Vitamin B2: 0.34mg (20.08%), Fiber: 4.02g (16.07%), Iron: 2.79mg (15.52%), Magnesium: 60.29mg (15.07%), Vitamin A: 638.27IU (12.77%), Vitamin B1: 0.17mg (11.51%), Vitamin B12: 0.67µg (11.25%), Folate: 41.64µg (10.41%), Vitamin E: 1.54mg (10.28%), Manganese: 0.2mg (9.76%), Copper: 0.19mg (9.56%), Calcium: 65.17mg (6.52%), Vitamin D: 0.44µg (2.9%)