



Chicken Halves with Artichokes and Garlic

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

READY IN



75 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 large artichoke hearts quartered (see "Prep Hearts" below;)
- 4 lb chicken halved
- 5 flat parsley
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil
- 1 cup olive green
- 6 garlic clove whole with skins on

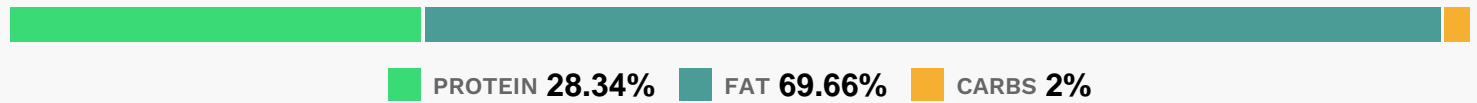
Equipment

- oven
- dutch oven

Directions

- Preheat oven to 37
- Heat oil in a large dutch oven over medium-high heat.
- Sprinkle chicken all over with salt and lay in hot oil, skin side down. Cook until browned, about 5 minutes. Turn chicken over and add 1 cup water, the garlic, and artichokes.
- Roast chicken in oven, uncovered, until cooked through, about 1 hour.
- Add olives and parsley.
- Prep hearts: Snap off thick green outer leaves down to yellowish core. Halve artichokes crosswise; discard thorny tips. Trim stem to about 1/2 in. and peel tough outer skin from remaining stem. Halve artichoke lengthwise; scoop out and discard fuzzy, red-tipped choke. Put hearts in cold water with a little lemon juice and set aside until you're ready to cook.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:11.796956508056%

Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 390.91kcal (19.55%), Fat: 29.99g (46.14%), Saturated Fat: 7.36g (46%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.17g (0.18%), Cholesterol: 108.86mg (36.29%), Sodium: 1038.12mg (45.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.9%), Vitamin B3: 9.96mg (49.78%), Selenium: 21.53µg (30.76%), Vitamin B6: 0.55mg (27.65%), Phosphorus: 219.34mg (21.93%), Vitamin K: 19.02µg (18.11%), Vitamin B5: 1.35mg (13.47%), Vitamin E: 1.97mg (13.16%), Zinc: 1.96mg (13.04%), Vitamin B2: 0.18mg (10.58%), Iron: 1.55mg (8.61%), Potassium: 300.6mg (8.59%), Magnesium: 32.69mg (8.17%), Vitamin B12: 0.45µg (7.5%), Vitamin A: 362.1IU (7.24%), Vitamin B1: 0.1mg (6.57%), Copper: 0.11mg (5.37%), Vitamin C: 4.37mg (5.29%), Manganese:

0.08mg (4.03%), Calcium: 34.65mg (3.47%), Fiber: 0.85g (3.38%), Folate: 10.74µg (2.69%), Vitamin D: 0.29µg (1.94%)