



Chicken in Garlic-Almond Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



364 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs (thigh and drumstick)
- ☐ 0.7 cup wine dry
- ☐ 1 tablespoon flat parsley chopped
- ☐ 4 garlic clove
- ☐ 6 servings kosher salt
- ☐ 2 cups chicken broth low-sodium
- ☐ 4 tablespoons olive oil divided

- ☐ 1 onion minced
- ☐ 0.5 teaspoon saffron threads
- ☐ 0.5 cup slivered almonds

Equipment

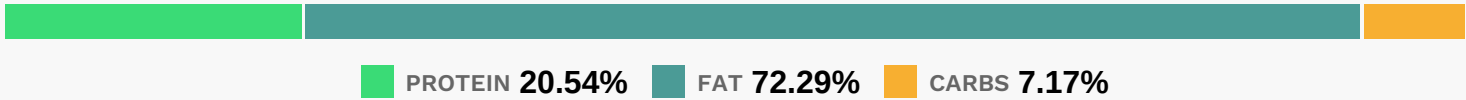
- ☐ food processor
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Heat 3 tablespoons olive oil in a large heavy pot over medium heat.
- ☐ Add almonds and stir until golden brown, about 3 minutes; transfer to paper towels.
- ☐ Place 1/3 cup almonds in a blender or food processor. Set aside remaining almonds for garnish.
- ☐ Add bread cubes and garlic to same pot. Cook, stirring frequently, until bread is golden brown and crisp, 4–5 minutes. Using a slotted spoon, transfer to blender.
- ☐ Add broth, Sherry, 1/2 teaspoon pepper, saffron, if using, and a large pinch of salt; process until almost smooth. Set aside.
- ☐ Heat remaining 1 tablespoon olive oil in same pot over medium–high heat. Season chicken with salt and pepper.
- ☐ Add to pot and cook, turning down heat if needed to prevent burning, until chicken is golden brown on all sides, about 12 minutes total (this step is just to brown the skin).
- ☐ Transfer chicken to a plate.
- ☐ Add onion to pot; cook, stirring often, until onion is caramelized around edges, about 6 minutes.
- ☐ Add sauce and chicken to pot, pushing down chicken to submerge. Bring sauce to a simmer, cover, and reduce heat to low. Simmer until chicken is just cooked through, about 20 minutes. Season to taste with salt and pepper.
- ☐ Divide chicken and sauce among bowls.

- ☐ Garnish each serving with reserved almonds and chopped parsley.
- ☐ Per serving: 360 Calories, 20 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:11.429999976054%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 363.85kcal (18.19%), Fat: 28.03g (43.13%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 4.71g (1.71%), Sugar: 1.55g (1.73%), Cholesterol: 79.87mg (26.62%), Sodium: 292.63mg (12.72%), Alcohol: 2.75g (100%), Alcohol %: 1.51% (100%), Protein: 17.93g (35.85%), Vitamin B3: 5.54mg (27.72%), Vitamin E: 3.85mg (25.66%), Selenium: 16.24µg (23.2%), Phosphorus: 213.85mg (21.39%), Vitamin K: 19.01µg (18.11%), Vitamin B6: 0.35mg (17.73%), Manganese: 0.33mg (16.64%), Vitamin B2: 0.26mg (15.26%), Magnesium: 47.05mg (11.76%), Zinc: 1.72mg (11.45%), Potassium: 367.87mg (10.51%), Copper: 0.2mg (9.84%), Vitamin B5: 0.95mg (9.47%), Vitamin B12: 0.56µg (9.33%), Iron: 1.35mg (7.49%), Vitamin B1: 0.1mg (6.38%), Fiber: 1.54g (6.17%), Calcium: 47.2mg (4.72%), Vitamin C: 3.05mg (3.69%), Folate: 12.25µg (3.06%), Vitamin A: 136.76IU (2.74%)