



Chicken in Romanesco Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



871 kcal

SAUCE

Ingredients

- ☐ 0.5 cup blanched almonds and raw
- ☐ 8 chicken thighs bone-in
- ☐ 0.5 cup chicken stock see
- ☐ 1 fresno chile pepper
- ☐ 0.5 cup cooking sherry dry
- ☐ 2 tablespoons evoo
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 2 large cloves garlic crushed

- ☐ 1 large heirloom tomatoes
- ☐ 1 juice of lemon
- ☐ 1 juice of orange
- ☐ 0.5 onion red coarsely chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 teaspoon paprika smoked sweet
- ☐ 2 bell peppers red yellow or 1 and 1

Equipment

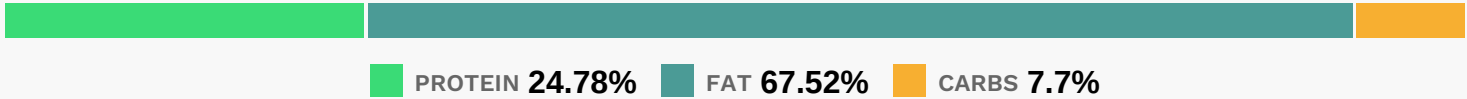
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ broiler
- ☐ box grater

Directions

- ☐ Char the bell peppers under a broiler or over a gas flame, turning occasionally.
- ☐ Place the peppers in a bowl, cover with plastic wrap and let cool. Peel off the charred skin and remove the seeds.
- ☐ Meanwhile, toast the almonds in a pan or in the oven until golden, then let cool.
- ☐ Place the roasted bell peppers in a food processor along with the almonds, chicken stock, parsley, lemon and orange zest and juice, the garlic, chile pepper and red onion. Grate the tomato on the large holes of a box grater. Discard the skin and add the tomato pulp to the food processor. Puree until smooth.
- ☐ Meanwhile, heat the EVOO in a large skillet over medium-high heat.
- ☐ Sprinkle the chicken with paprika, salt and pepper and cook until browned, 3 to 4 minutes per side.

- ☐
- Add the sherry to the skillet and scrape up any browned bits from the bottom with a wooden spoon. Stir in the roasted pepper sauce, reduce the heat and simmer, partially covered, until the chicken is cooked through, 10 to 12 minutes.
- ☐
- Transfer the chicken to plates and spoon the sauce over top.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:3.01, Inflammation Score:-10, Nutrition Score:40.689565062523%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 870.78kcal (43.54%), Fat: 64.08g (98.59%), Saturated Fat: 14.71g (91.93%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 12.18g (4.43%), Sugar: 7.94g (8.82%), Cholesterol: 284.12mg (94.71%), Sodium: 475.07mg (20.66%), Alcohol: 3.09g (100%), Alcohol %: 0.73% (100%), Protein: 52.93g (105.85%), Vitamin C: 120.49mg (146.05%), Vitamin K: 142.04µg (135.28%), Selenium: 55.69µg (79.56%), Vitamin B3: 15.71mg (78.54%), Vitamin A: 3485.4IU (69.71%), Vitamin B6: 1.37mg (68.55%), Phosphorus: 591.86mg (59.19%), Vitamin E: 6.82mg (45.47%), Vitamin B2: 0.62mg (36.23%), Vitamin B5: 3.36mg (33.57%), Potassium: 1134.7mg (32.42%), Magnesium: 124.21mg (31.05%), Vitamin B12: 1.85µg (30.83%), Zinc: 4.56mg (30.43%), Manganese: 0.57mg (28.69%), Vitamin B1: 0.35mg (23.03%), Iron: 3.79mg (21.05%), Copper: 0.41mg (20.46%), Folate: 75.21µg (18.8%), Fiber: 4.25g (17%), Calcium: 93.55mg (9.35%), Vitamin D: 0.29µg (1.93%)