



Chicken Legs Steamed with Thyme

READY IN



110 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces button mushrooms quartered
- ☐ 1 quart chicken broth
- ☐ 4 chicken legs with thighs
- ☐ 0.5 cup chicken stock see
- ☐ 0.5 juice of lemon juiced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion minced
- ☐ 2 tablespoons parsley leaves chopped

- ☐ 0.3 cup port
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 8 ounces chicken breast boneless skinless chopped
- ☐ 3 thyme sprigs fresh
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 bunch watercress

Equipment

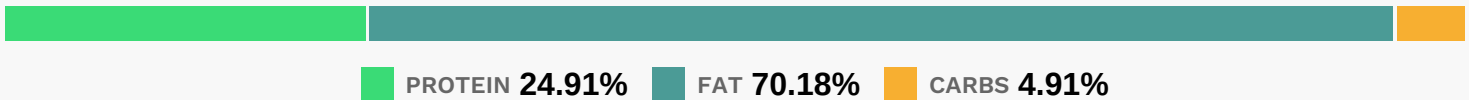
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ toothpicks
- ☐ slotted spoon
- ☐ steamer basket

Directions

- ☐ Heat a large saute pan over medium-high heat.
- ☐ Add the olive oil and heat. When the oil is hot, add the onions and cook for 1 minute.
- ☐ Add the mushrooms and chicken and cook until the mushrooms begin to give off their liquid and the chicken is no longer pink. Season with salt and pepper.
- ☐ Remove from the heat and add the port. Return to the heat and cook until the port is reduced by 1/2
- ☐ Be careful as the mixture may ignite.
- ☐ Add the chicken stock and cook for 2 minutes. With a slotted spoon, remove the chicken and mushroom mixture and place in a bowl. Return the pan to the heat and reduce the liquid down until it is a syrupy consistency, about 5 minutes.
- ☐ Add the reduced liquid to the chicken mixture.
- ☐ Add the parsley and mix well. Cool.

- ☐ Remove the bone from the thigh to the first joint of the leg. Reserve the bones and scraps for the steaming liquid. You can ask your butcher to do this for you. Season the legs, inside and out, with salt and pepper.
- ☐ Lay the legs down, skin-side down.
- ☐ Place 1/4 cup of the cooled filling inside each leg. Fold the meat over the filling and secure closed with a toothpick.
- ☐ In the bottom of a steamer, combine the chicken stock, reserved bones, thyme, and olive oil and bring to a boil.
- ☐ Place the steamer basket in the steamer.
- ☐ Add the chicken legs in 1 layer and cover. Steam until the chicken is cooked through, about 20 to 25 minutes.
- ☐ Remove the chicken legs from the steamer and keep warm while you make the sauce.
- ☐ Place 1/2 cup of the steaming liquid in a blender.
- ☐ Add the watercress and blend well. With the blender running on low, add the butter, a little bit at a time. Season with salt, pepper, and lemon juice.
- ☐ Slice the boneless part of the chicken leg into 3 slices.
- ☐ Place some sauce on a plate and top with the chicken leg.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:21.064782495084%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg

0.86mg, Kaempferol: 0.86mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 601.37kcal (30.07%), Fat: 45.5g (70%), Saturated Fat: 13.42g (83.89%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.49g (2.36%), Sugar: 3.81g (4.23%), Cholesterol: 184.3mg (61.43%), Sodium: 1295.13mg (56.31%), Alcohol: 2.3g (100%), Alcohol %: 0.55% (100%), Protein: 36.34g (72.68%), Vitamin B3: 13.62mg (68.11%), Selenium: 44.56µg (63.66%), Vitamin K: 53.15µg (50.61%), Vitamin B6: 0.9mg (44.96%), Phosphorus: 361.73mg (36.17%), Vitamin B2: 0.48mg (28.32%), Vitamin B5: 2.39mg (23.87%), Potassium: 663.65mg (18.96%), Vitamin E: 2.81mg (18.75%), Zinc: 2.6mg (17.3%), Vitamin B12: 0.91µg (15.09%), Vitamin B1: 0.22mg (14.61%), Vitamin A: 708.5IU (14.17%), Magnesium: 50.63mg (12.66%), Vitamin C: 9.25mg (11.21%), Manganese: 0.22mg (11.14%), Copper: 0.21mg (10.43%), Iron: 1.83mg (10.15%), Folate: 19.4µg (4.85%), Calcium: 43.44mg (4.34%), Fiber: 0.66g (2.65%), Vitamin D: 0.37µg (2.48%)