



Chicken Legs & Thighs Braised in a Savory Rhubarb Onion Sauce



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



232 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon pepper black plus more to taste
- ☐ 1 tablespoon cayenne
- ☐ 2 cup chicken broth
- ☐ 1 tablespoon thyme leaves dried
- ☐ 0.3 cup flour
- ☐ 6 thyme leaves fresh
- ☐ 2 clove garlic minced peeled

- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 2 tablespoon paprika
- ☐ 0.3 cup parsley leaves chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 pound rhubarb cut into 1-inch chunks
- ☐ 2 tablespoon salt
- ☐ 4 servings salt and pepper to taste

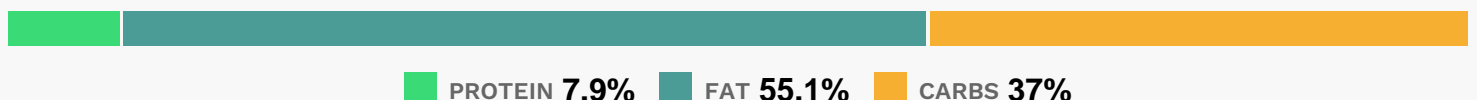
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Combine paprika, salt, black pepper, cayenne pepper, dried oregano, dried thyme and ¼ flour together in a medium sized bowl and mix together thoroughly. One at a time dredge the chicken legs and thighs in the flour and spice mixture. Set them aside on a plate as you work. In a large, heavy pot with a lid heat the olive oil over medium-high until near smoking. Lower the temperature to medium and toss the chicken into the pot. Watch for splattering. The oil is hot! Brown the chicken for 6 to 8 minutes on each side. Then add the rhubarb and onions. Season with salt and pepper. Stirring constantly, wilt and brown the onions, scraping the bottom to loosen the chicken and any browned bits. Keep stirring for about 10 minutes.
- ☐ Add the garlic, thyme sprigs, and chicken stock. Cover the pot and reduce the heat. Check on the chicken and stir the pot occasionally. Cook for about 45 minutes or until the chicken is tender, and its juices run clear. Alternatively you may cook the chicken until the interior temperature reaches 165 degrees F. Stir in the parsley, and red wine vinegar. Arrange the chicken on a platter over pre-cooked white rice, pouring the thick sauce over the top.
- ☐ Garnish with extra parsley and serve hot.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:5.79, Inflammation Score:-10, Nutrition Score:21.020869757818%

Flavonoids

Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3–gallate: 1.36mg, Epicatechin 3–gallate: 1.36mg, Epicatechin 3–gallate: 1.36mg, Epicatechin 3–gallate: 1.36mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 231.95kcal (11.6%), Fat: 15.18g (23.36%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 15.44g (5.62%), Sugar: 3.64g (4.04%), Cholesterol: 2.35mg (0.78%), Sodium: 4134.14mg (179.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Vitamin K: 167.31µg (159.35%), Vitamin A: 2932.46IU (58.65%), Manganese: 1.03mg (51.65%), Vitamin C: 27.53mg (33.38%), Fiber: 7.5g (30%), Vitamin E: 4.35mg (28.98%), Calcium: 272.89mg (27.29%), Potassium: 869.76mg (24.85%), Iron: 4.27mg (23.7%), Vitamin B2: 0.26mg (15.07%), Magnesium: 51.27mg (12.82%), Folate: 45.59µg (11.4%), Vitamin B1: 0.16mg (10.86%), Vitamin B6: 0.21mg (10.68%), Vitamin B3: 2.07mg (10.36%), Selenium: 6.35µg (9.07%), Copper: 0.16mg (8.21%), Phosphorus: 72.13mg (7.21%), Zinc: 0.75mg (5.03%), Vitamin B5: 0.39mg (3.88%)