

Chicken Marbella

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 2 carrots peeled cut in chunks
- ☐ 2.5 pounds chicken breast halves bone-in with skin
- ☐ 0.3 cup chicken broth
- ☐ 1 pound fingerling potatoes scrubbed
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 sprig rosemary fresh chopped
- ☐ 2 tablespoons garlic minced

- ☐ 1 juice of lemon juiced
- ☐ 20 kalamata olives pitted
- ☐ 1 onion chopped
- ☐ 1 tablespoon pepper sauce hot
- ☐ 15 prune- cut to pieces pitted
- ☐ 2 tablespoons soya sauce
- ☐ 1 tomatoes chopped
- ☐ 0.3 cup white wine

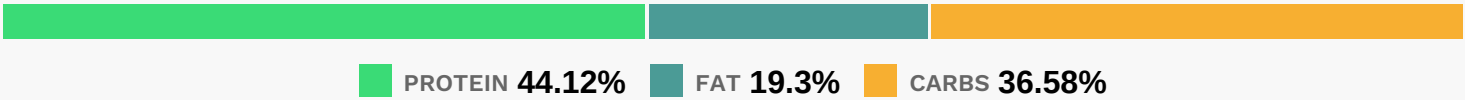
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place the rosemary leaves, lemon juice, butter, garlic, soy sauce, and hot pepper sauce into the work bowl of a food processor, and pulse several times to form a paste.
- ☐ Rub the rosemary-lemon mixture underneath the skin of the chicken breast halves, and place chicken into a large Dutch oven. Arrange potatoes, carrots, onion, mushrooms, tomato, prunes, and olives around the chicken.
- ☐ Pour the white wine and chicken broth over the chicken and vegetables.
- ☐ Bake in the preheated oven until chicken is no longer pink at the bone and the potatoes are tender, about 1 hour and 15 minutes, stirring chicken and vegetables with pan juices after 45 minutes. An instant-read thermometer, inserted into the thickest part of a chicken breast and not touching bone, should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:61.1, Glycemic Load:15.62, Inflammation Score:-10, Nutrition Score:32.084348066993%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 410.35kcal (20.52%), Fat: 8.75g (13.46%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 31.78g (11.56%), Sugar: 13.64g (15.15%), Cholesterol: 124.74mg (41.58%), Sodium: 890.43mg (38.71%), Alcohol: 1.03g (100%), Alcohol %: 0.3% (100%), Protein: 44.99g (89.97%), Vitamin B3: 23.02mg (115.09%), Selenium: 65.03µg (92.89%), Vitamin B6: 1.86mg (92.78%), Vitamin A: 3920.26IU (78.41%), Phosphorus: 522.75mg (52.27%), Potassium: 1507.84mg (43.08%), Vitamin B5: 3.74mg (37.42%), Vitamin C: 27.86mg (33.77%), Vitamin B2: 0.46mg (26.8%), Magnesium: 92.8mg (23.2%), Fiber: 5.51g (22.04%), Vitamin K: 21.51µg (20.48%), Manganese: 0.41mg (20.26%), Copper: 0.39mg (19.35%), Vitamin B1: 0.27mg (18.04%), Zinc: 1.82mg (12.16%), Iron: 2.17mg (12.05%), Folate: 40.36µg (10.09%), Vitamin E: 1.29mg (8.6%), Vitamin B12: 0.4µg (6.63%), Calcium: 58.56mg (5.86%), Vitamin D: 0.26µg (1.76%)