



 **15%**
HEALTH SCORE

Chicken Marbella

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



10

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bay leaves
- 1 cup brown sugar
- 1 cup brown sugar
- 3.5 ounce capers
- 8 pounds chicken pieces mixed
- 1 tablespoon sea salt
- 1 cup wine dry white
- 0.3 cup parsley fresh chopped

- 1 tablespoon garlic minced
- 0.5 cup olive oil
- 0.5 ounce oregano dried
- 2 teaspoons pepper
- 1 cup pimiento stuffed olives
- 12 ounce prune- cut to pieces dried pitted
- 0.5 cup red wine vinegar

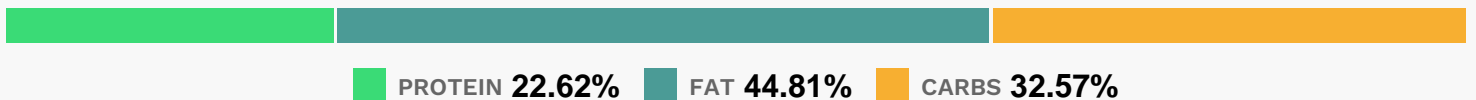
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Combine first 10 ingredients in a large zip-top freezer bag or a large bowl.
- Add chicken pieces, turning to coat well; seal or cover and chill for at least 8 hours (overnight is best), turning chicken occasionally.
- Arrange chicken in a single layer in one or two 13- x 9-inch baking pan(s).
- Pour marinade evenly over chicken, and sprinkle evenly with brown sugar; pour wine around pieces.
- Bake at 350 for 50 minutes to 1 hour, basting frequently.
- Remove chicken, dried plums, olives, and capers to serving platter.
- Drizzle with 3/4 cup pan juices; sprinkle parsley evenly over top.
- Serve with remaining pan juices.

Nutrition Facts



Properties

Glycemic Index:14.3, Glycemic Load:5.85, Inflammation Score:-9, Nutrition Score:24.41956524227%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg 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: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg

Nutrients (% of daily need)

Calories: 848.95kcal (42.45%), Fat: 41.7g (64.15%), Saturated Fat: 11.29g (70.57%), Carbohydrates: 68.2g (22.73%), Net Carbohydrates: 64.24g (23.36%), Sugar: 56.07g (62.3%), Cholesterol: 185.07mg (61.69%), Sodium: 1372.35mg (59.67%), Alcohol: 2.47g (100%), Alcohol %: 0.78% (100%), Protein: 47.35g (94.71%), Vitamin B3: 17.69mg (88.45%), Vitamin K: 62.05µg (59.1%), Selenium: 36.63µg (52.33%), Vitamin B6: 1mg (49.91%), Phosphorus: 399.66mg (39.97%), Vitamin B5: 2.49mg (24.93%), Potassium: 840.42mg (24.01%), Zinc: 3.54mg (23.58%), Vitamin B2: 0.39mg (22.85%), Iron: 3.91mg (21.73%), Magnesium: 80.45mg (20.11%), Manganese: 0.36mg (18.11%), Vitamin A: 834.34IU (16.69%), Fiber: 3.96g (15.86%), Copper: 0.31mg (15.49%), Vitamin E: 2.07mg (13.83%), Vitamin B12: 0.76µg (12.75%), Calcium: 121.04mg (12.1%), Vitamin B1: 0.18mg (11.8%), Vitamin C: 6.94mg (8.42%), Folate: 25.37µg (6.34%), Vitamin D: 0.49µg (3.29%)