



Chicken Marbella



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



765 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 0.5 cup olive oil
- ☐ 0.5 ounce oregano dried
- ☐ 2 teaspoons pepper
- ☐ 1 cup pimento-stuffed olives
- ☐ 12 ounce bite-size plums dried pitted
- ☐ 0.5 cup red wine vinegar

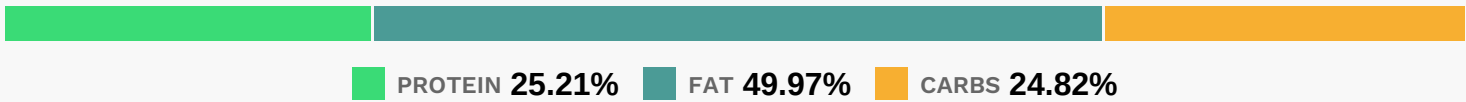
Equipment

- ☐ 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:24.130434824073%

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: 765.35kcal (38.27%), Fat: 41.7g (64.15%), Saturated Fat: 11.29g (70.57%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 42.65g (15.51%), Sugar: 34.73g (38.59%), Cholesterol: 185.07mg (61.69%), Sodium: 1366.19mg (59.4%), Alcohol: 2.47g (100%), Alcohol %: 0.83% (100%), Protein: 47.33g (94.66%), Vitamin B3: 17.66mg (88.32%), Vitamin K: 62.05µg (59.1%), Selenium: 36.37µg (51.95%), Vitamin B6: 0.99mg (49.46%), Phosphorus: 398.78mg (39.88%), Vitamin B5: 2.46mg (24.64%), Zinc: 3.53mg (23.54%), Potassium: 811.16mg (23.18%), Vitamin B2: 0.39mg (22.85%), Iron: 3.75mg (20.86%), Magnesium: 78.47mg (19.62%), Manganese: 0.35mg (17.41%), Vitamin A: 834.34IU (16.69%), Fiber: 3.96g (15.86%), Copper: 0.3mg (14.98%), Vitamin E: 2.07mg (13.83%), Vitamin B12: 0.76µg (12.75%), Vitamin B1: 0.18mg (11.8%), Calcium: 102.78mg (10.28%), Vitamin C: 6.94mg (8.42%), Folate: 25.15µg (6.29%), Vitamin D: 0.49µg (3.29%)