



Chicken Marbella



Gluten Free



Dairy Free



Popular

READY IN



255 min.

SERVINGS



5

CALORIES



870 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chickens bone-in quartered
- ☐ 1 Cloves from 1/2 head of garlic peeled finely
- ☐ 2 tablespoons oregano dried
- ☐ 5 servings coarse salt and pepper freshly ground to taste
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 cup prune- cut to pieces pitted
- ☐ 8 large olives green spanish pitted cut in half

- ☐ 0.3 cup capers with a bit of juice
- ☐ 3 bay leaves
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup white wine
- ☐ 2 tablespoons parsley fresh italian finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ slotted spoon
- ☐ gravy boat

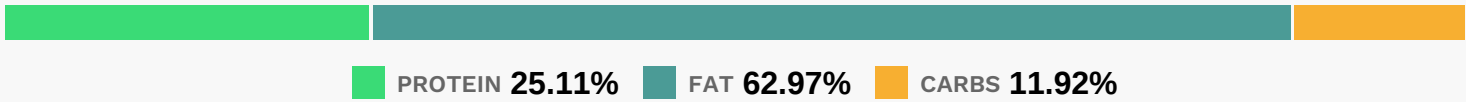
Directions

- ☐ Marinate the chicken: In a large bowl combine garlic, oregano, salt and pepper to taste, vinegar, olive oil, prunes, olives, capers with caper juice, and bay leaves.
- ☐ Add the chicken pieces and coat completely with the marinade. Cover and let marinate, refrigerated, several hours or overnight.
- ☐ Place chicken in baking pan, top with marinade, brown sugar, wine: Preheat oven to 350°F. Arrange chicken in a single layer in one or two large, shallow baking pans and spoon marinade over it evenly.
- ☐ Sprinkle brown sugar over the chicken pieces and pour white wine around them.
- ☐ Bake for 50 minutes to 1 hour, basting frequently with the pan juices. Chicken is done when a sharp knife inserted into the thigh pieces, at their thickest point, run with clear yellow juices (not pink).
- ☐ Serve with pan juices: With a slotted spoon, move the chicken, prunes, olives, and capers to a serving platter.
- ☐ Pour some of the pan juices over the chicken and sprinkle generously with parsley.

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Serve remaining juices in a gravy boat.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:30.579565255538%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg 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: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 11.52mg, Kaempferol: 11.52mg, Kaempferol: 11.52mg, Kaempferol: 11.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 15.44mg, Quercetin: 15.44mg, Quercetin: 15.44mg, Quercetin: 15.44mg

Nutrients (% of daily need)

Calories: 869.8kcal (43.49%), Fat: 59.25g (91.15%), Saturated Fat: 15.16g (94.75%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 22.58g (8.21%), Sugar: 17.7g (19.67%), Cholesterol: 262.67mg (87.56%), Sodium: 753.98mg (32.78%), Alcohol: 2.47g (100%), Alcohol %: 0.78% (100%), Protein: 53.16g (106.31%), Vitamin B3: 20.19mg (100.93%), Vitamin A: 2920.48IU (58.41%), Vitamin K: 57.88µg (55.12%), Vitamin B6: 1.06mg (53.22%), Phosphorus: 527.69mg (52.77%), Selenium: 35.98µg (51.4%), Vitamin B12: 3.02µg (50.4%), Vitamin B2: 0.58mg (34.35%), Vitamin B5: 3.24mg (32.43%), Iron: 5.65mg (31.41%), Zinc: 4.13mg (27.55%), Potassium: 805.47mg (23.01%), Folate: 89.96µg (22.49%), Magnesium: 79.05mg (19.76%), Vitamin E: 2.33mg (15.52%), Manganese: 0.3mg (14.99%), Copper: 0.3mg (14.86%), Vitamin B1: 0.2mg (13.29%), Vitamin C: 10.26mg (12.44%), Fiber: 2.66g (10.63%), Calcium: 92.82mg (9.28%)