



Chicken, Onion, and Raisin Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 28 ounce frangelico diced canned
- ☐ 6 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 1 cinnamon sticks
- ☐ 0.5 cup currants dried
- ☐ 0.5 cup wine dry white
- ☐ 1 teaspoon ground allspice
- ☐ 1 tablespoon ground coriander

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon honey
- ☐ 1 cup chicken broth canned
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 pounds onion boiling
- ☐ 1 orange zest
- ☐ 1 teaspoon oregano dried
- ☐ 3 tablespoons red wine vinegar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot

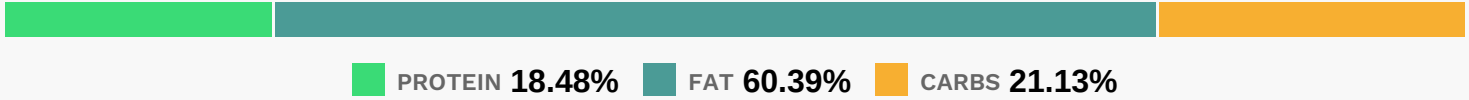
Directions

- ☐ Combine raisins and vinegar in small bowl; set aside. Cook onions in large saucepan of boiling water 5 minutes.
- ☐ Drain; cool slightly. Trim and peel onions.
- ☐ Preheat oven to 350°F.
- ☐ Heat 3 tablespoons oil in heavy large ovenproof pot over medium-low heat.
- ☐ Add onions and sauté until golden, about 10 minutes; transfer to large bowl.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add 1 tablespoon oil to same pot. Working in batches, add chicken to pot and cook over medium-high heat until golden brown, about 5 minutes per side.
- ☐ Add chicken to bowl with onions.
- ☐ Add tomatoes with juices, broth, wine, coriander, honey, allspice, and 1 teaspoon pepper to pot. Bring to boil, scraping up any browned bits. Return chicken and onions to pot. Stir in bay leaves, orange peel, cinnamon stick and oregano. Cover tightly and bake until chicken is cooked through, about 1 hour.

- ☐
- Stir raisin mixture and remaining 2 tablespoons oil into stew. Season with salt and pepper.

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Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:5.96, Inflammation Score:-8, Nutrition Score:15.992608624956%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.7mg, Quercetin: 30.7mg, Quercetin: 30.7mg, Quercetin: 30.7mg

Nutrients (% of daily need)

Calories: 530.94kcal (26.55%), Fat: 35.18g (54.12%), Saturated Fat: 7.73g (48.31%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 23.41g (8.51%), Sugar: 15.12g (16.8%), Cholesterol: 119.8mg (39.93%), Sodium: 133.97mg (5.82%), Alcohol: 2.06g (100%), Alcohol %: 0.51% (100%), Protein: 24.21g (48.43%), Vitamin B3: 7.1mg (35.51%), Selenium: 24.35µg (34.79%), Vitamin B6: 0.65mg (32.55%), Phosphorus: 277.08mg (27.71%), Manganese: 0.49mg (24.46%), Potassium: 656.79mg (18.77%), Vitamin C: 15.12mg (18.33%), Fiber: 4.28g (17.11%), Vitamin E: 2.43mg (16.17%), Zinc: 2.34mg (15.57%), Vitamin B2: 0.26mg (15.41%), Vitamin B5: 1.5mg (15.01%), Vitamin K: 15.27µg (14.54%), Magnesium: 52.13mg (13.03%), Vitamin B12: 0.76µg (12.68%), Vitamin B1: 0.19mg (12.64%), Iron: 2.08mg (11.55%), Copper: 0.21mg (10.34%), Folate: 36.97µg (9.24%), Calcium: 85.22mg (8.52%), Vitamin A: 151.77IU (3.04%)