

Chicken Riesling



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



529 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 endives ends trimmed halved lengthwise
- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound button mushrooms quartered
- ☐ 12 chicken thighs
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 4 ounces pancetta diced
- ☐ 10 ounces pearl onions yellow peeled roughly chopped

☐ 2 cups riesling wine

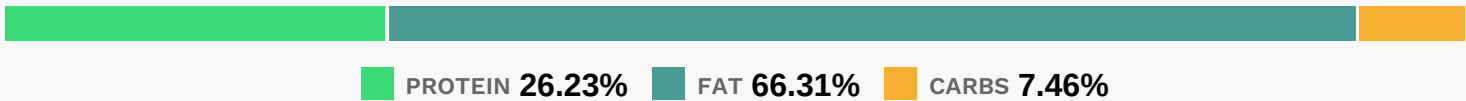
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat oven to 400 F. Rinse the chicken and pat dry with paper towels. Season with the salt and pepper.
- ☐ Heat the oil in a Dutch oven or large saucepan over medium heat.
- ☐ Add the pancetta or bacon and fry until crisp.
- ☐ Transfer to a plate. Spoon off and discard all but 1 tablespoon of the drippings.
- ☐ Add some of the chicken to the pot, skin-side down, and brown on both sides.
- ☐ Transfer to a plate. Repeat with the remaining chicken.
- ☐ Add the onions and mushrooms to the pot and cook, stirring occasionally, until the mushrooms release their juices, about 5 minutes.
- ☐ Add the endives and wine, increase heat to medium-high, and bring to a boil. Nestle the chicken among the endives. Cover, reduce heat, and simmer for 40 minutes. Divide the chicken, endives, and sauce among individual plates and sprinkle with the reserved pancetta or bacon.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:18.022608684457%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 529.3kcal (26.47%), Fat: 35.8g (55.08%), Saturated Fat: 9.77g (61.07%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 6.63g (2.41%), Sugar: 3.1g (3.44%), Cholesterol: 175.47mg (58.49%), Sodium: 1104.51mg (48.02%), Alcohol: 6.24g (100%), Alcohol %: 2.08% (100%), Protein: 31.87g (63.74%), Selenium: 40.2µg (57.43%), Vitamin B3: 10.69mg (53.47%), Vitamin B6: 0.77mg (38.5%), Phosphorus: 369.79mg (36.98%), Vitamin B2: 0.5mg (29.26%), Vitamin B5: 2.77mg (27.75%), Potassium: 752.71mg (21.51%), Vitamin B12: 1.18µg (19.64%), Zinc: 2.79mg (18.58%), Vitamin B1: 0.25mg (16.97%), Copper: 0.31mg (15.67%), Magnesium: 53.36mg (13.34%), Manganese: 0.23mg (11.67%), Iron: 1.9mg (10.55%), Fiber: 2.43g (9.73%), Folate: 36.79µg (9.2%), Vitamin C: 4.93mg (5.97%), Vitamin K: 4.96µg (4.72%), Vitamin E: 0.68mg (4.55%), Calcium: 37.58mg (3.76%), Vitamin A: 150.37IU (3.01%), Vitamin D: 0.34µg (2.26%)