



Chicken Scarpariello



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pickled cherry peppers hot jarred drained finely chopped
- ☐ 0.3 cup chicken broth
- ☐ 2.5 lb strips. with skin and bone
- ☐ 0.3 cup wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 5 garlic clove thinly sliced
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped

☐ 2 bell pepper red cut into 3/4-inch pieces

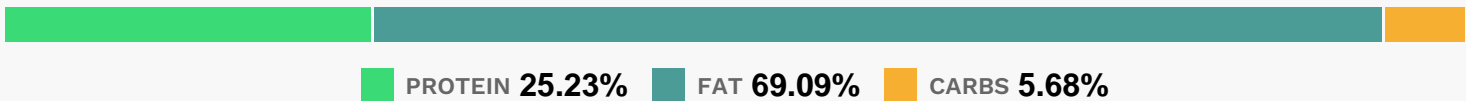
Equipment

- ☐ frying pan
- ☐ knife
- ☐ aluminum foil
- ☐ tongs
- ☐ cleaver

Directions

- ☐ Hack each thigh in half (or into thirds if large) across the bone with a cleaver or a sharp heavy knife. Pat chicken dry and season with salt and pepper.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté chicken in 2 batches, beginning skin sides down, turning occasionally and adjusting heat to keep from burning, until cooked through and well browned on all sides, 10 to 12 minutes (add another tablespoon oil to skillet for second batch).
- ☐ Transfer chicken as cooked with tongs to a plate and keep warm, covered with foil.
- ☐ Pour off all but 1 tablespoon fat from skillet.
- ☐ Add remaining tablespoon oil and cook onion, bell peppers, and cherry peppers (to taste) over moderate heat, covered, stirring occasionally, until softened, about 7 minutes.
- ☐ Add garlic and cook, stirring, until garlic is golden, about 2 minutes.
- ☐ Add wine and broth and boil, uncovered, until most of liquid is evaporated, about 4 minutes.
- ☐ Add chicken (with any juices accumulated on plate) and parsley and cook over moderate heat, stirring, until heated through, then season with salt.
- ☐ •If you can't find cherry peppers, substitute 1/4 teaspoon dried hot red pepper flakes, which you can add along with the garlic.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:33.211738798929%

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 Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 772.86kcal (38.64%), Fat: 57.9g (89.08%), Saturated Fat: 14.21g (88.8%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 8.21g (2.98%), Sugar: 4.45g (4.94%), Cholesterol: 278.22mg (92.74%), Sodium: 428.85mg (18.65%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 47.57g (95.14%), Vitamin C: 86.75mg (105.16%), Vitamin K: 97.48µg (92.84%), Selenium: 53.9µg (76.99%), Vitamin B3: 13.95mg (69.74%), Vitamin B6: 1.25mg (62.58%), Vitamin A: 2506.75IU (50.14%), Phosphorus: 487.29mg (48.73%), Vitamin B5: 3.17mg (31.68%), Vitamin B12: 1.82µg (30.3%), Vitamin B2: 0.46mg (26.97%), Zinc: 3.89mg (25.94%), Potassium: 822.03mg (23.49%), Vitamin E: 3.1mg (20.69%), Vitamin B1: 0.28mg (18.41%), Magnesium: 70.39mg (17.6%), Iron: 2.73mg (15.19%), Manganese: 0.26mg (13.17%), Folate: 50.91µg (12.73%), Fiber: 2.51g (10.02%), Copper: 0.19mg (9.59%), Calcium: 51.85mg (5.18%), Vitamin D: 0.28µg (1.89%)