



Chicken Scarpariello

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 garlic cloves smashed halved lengthwise
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups chicken stock see low-sodium
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup peppadew peppers sliced
- ☐ 4 sprigs rosemary large
- ☐ 40 servings salt and pepper freshly ground
- ☐ 2 pounds chicken thighs boneless skinless

☐ 2 tablespoons butter unsalted

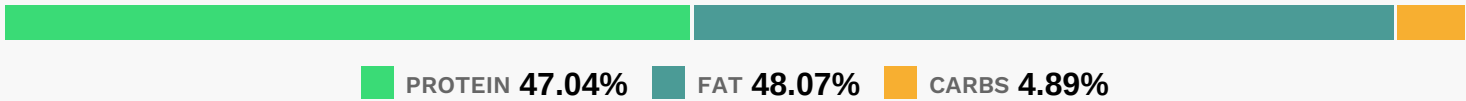
Equipment

☐ frying pan

Directions

- ☐ Season the chicken with salt and pepper and dust with flour. In a large skillet, heat the oil until shimmering.
- ☐ Add the chicken and cook over high heat, turning once, until browned and crusty on both sides, about 10 minutes.
- ☐ Add the garlic and rosemary and cook for 3 minutes, until the garlic is lightly browned.
- ☐ Transfer the chicken to a platter, leaving the rosemary and garlic in the skillet.
- ☐ Add the stock to the skillet and cook over high heat, scraping up any browned bits, until reduced by half, about 5 minutes.
- ☐ Add the lemon juice and butter and swirl until emulsified. Return the chicken and any accumulated juices to the skillet.
- ☐ Add the peppers and cook, turning the chicken until coated in the sauce, about 3 minutes.
- ☐ Transfer the chicken and sauce to the platter and serve.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.1760869722651%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 40.13kcal (2.01%), Fat: 2.12g (3.26%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.09g (0.09%), Cholesterol: 23.05mg (7.68%), Sodium: 217.77mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Selenium: 5.22µg (7.46%), Vitamin B3: 1.44mg (7.21%), Vitamin B6: 0.11mg (5.71%), Phosphorus: 47.48mg (4.75%), Vitamin B5: 0.28mg (2.79%), Vitamin B2: 0.05mg (2.66%), Vitamin B12: 0.16µg (2.64%), Zinc: 0.37mg (2.45%), Vitamin C: 1.98mg (2.4%), Potassium: 72.46mg (2.07%), Vitamin B1: 0.02mg (1.53%), Magnesium: 5.76mg (1.44%), Iron: 0.23mg (1.28%), Vitamin K: 1.18µg (1.12%), Copper: 0.02mg (1.11%)