



# Chicken Thighs Braised in Garlic and White Wine

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cherry peppers hot jarred seeded roughly chopped
- 1.5 pounds chicken thighs
- 1 cup cooking wine dry white
- 0.8 cup flour all-purpose
- 4 cloves garlic thinly sliced
- 4 servings kosher salt and pepper
- 1 cup chicken broth low-sodium

- 2 tablespoons olive oil
- 2 teaspoons oregano dried
- 1 cup rice long-grain white
- 3 small onions yellow quartered

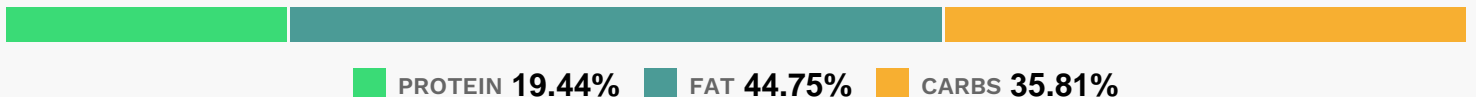
## Equipment

- bowl
- paper towels
- pot
- dutch oven

## Directions

- In a small bowl, combine the oregano, 3/4 teaspoon salt, and 1/2 teaspoon pepper. Pat the chicken dry with paper towels, season with the spice mixture, and dredge in the flour.
- Heat the oil in a Dutch oven over medium heat and brown the chicken, 4 minutes per side.
- Transfer to a plate.
- Add the onions to the pot and cook until golden, about 5 minutes.
- Add the garlic and cherry peppers and cook, stirring, for 2 minutes.
- Add the pepper brine, wine, and broth and bring to a boil. Return the chicken to the pot and bring to a simmer. Cook, covered, until the chicken is cooked through, about 30 minutes. Meanwhile, cook the rice according to the package directions. Divide among individual bowls and spoon the chicken and sauce over it.

## Nutrition Facts



## Properties

Glycemic Index:53.3, Glycemic Load:36.8, Inflammation Score:-8, Nutrition Score:21.806956576264%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg

## Nutrients (% of daily need)

Calories: 780.9kcal (39.05%), Fat: 36.25g (55.77%), Saturated Fat: 8.85g (55.3%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 62.09g (22.58%), Sugar: 3.07g (3.41%), Cholesterol: 166.7mg (55.57%), Sodium: 545.31mg (23.71%), Alcohol: 6.18g (100%), Alcohol %: 1.79% (100%), Protein: 35.42g (70.85%), Selenium: 47.53µg (67.9%), Vitamin B3: 11.02mg (55.12%), Manganese: 0.93mg (46.44%), Vitamin B6: 0.82mg (40.81%), Phosphorus: 397.05mg (39.7%), Vitamin B1: 0.38mg (25.14%), Vitamin B2: 0.41mg (24.26%), Vitamin B5: 2.42mg (24.18%), Zinc: 3.08mg (20.51%), Iron: 3.45mg (19.18%), Vitamin B12: 1.15µg (19.13%), Potassium: 621.69mg (17.76%), Folate: 64.73µg (16.18%), Magnesium: 64.33mg (16.08%), Copper: 0.29mg (14.53%), Vitamin K: 14.62µg (13.92%), Fiber: 3.18g (12.71%), Vitamin E: 1.63mg (10.84%), Calcium: 71.5mg (7.15%), Vitamin C: 4.84mg (5.87%), Vitamin A: 151.01IU (3.02%), Vitamin D: 0.17µg (1.13%)