



Chicken Thighs Braised in Port-Balsamic Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



473 kcal

SAUCE

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black
- 2 pounds chicken thighs
- 1 teaspoon basil dried
- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup parsley fresh chopped
- 1 teaspoon garlic powder

- 4.5 teaspoons olive oil divided
- 2 teaspoons onion instant minced
- 0.5 teaspoon oregano dried
- 5 ounces pearl onions peeled
- 0.5 cup port sweet
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1.5 pounds yukon gold red cubed

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 42
- To prepare rub, combine onion through pepper in a small bowl.
- To prepare chicken, sprinkle chicken thighs evenly with 1 tablespoon rub mixture.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add chicken; saut 3 minutes on each side or until browned.
- Remove chicken from pan.
- Add 1 teaspoon oil and onions; saut 3 minutes. Stir in wine, scraping pan to loosen browned bits.
- Add broth, vinegar, and salt; bring to a boil. Return chicken to pan. Cover, reduce heat, and simmer 25 minutes.
- Combine 1 tablespoon rub mixture, the remaining 1 1/2 teaspoons oil, and potatoes; toss to coat.
- Place potatoes in a single layer on a baking sheet.

Bake at 425 for 20 minutes or until tender; toss with parsley.

Serve chicken with potatoes and sauce.

Nutrition Facts

PROTEIN 23.95% **FAT 55.93%** **CARBS 20.12%**

Properties

Glycemic Index:32.17, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:18.647391329641%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 472.99kcal (23.65%), Fat: 28.37g (43.65%), Saturated Fat: 7.25g (45.3%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 20.31g (7.39%), Sugar: 3.49g (3.87%), Cholesterol: 148.17mg (49.39%), Sodium: 800.53mg (34.81%), Alcohol: 2.12g (100%), Alcohol %: 0.79% (100%), Protein: 27.33g (54.67%), Vitamin K: 53.62µg (51.06%), Vitamin B3: 8.56mg (42.79%), Selenium: 29.56µg (42.23%), Vitamin B6: 0.77mg (38.48%), Phosphorus: 327.29mg (32.73%), Potassium: 927.09mg (26.49%), Vitamin B5: 1.93mg (19.3%), Vitamin C: 14.89mg (18.04%), Vitamin B12: 1.01µg (16.76%), Zinc: 2.4mg (16.02%), Magnesium: 62.9mg (15.73%), Manganese: 0.31mg (15.36%), Vitamin B2: 0.26mg (15.16%), Vitamin B1: 0.22mg (14.81%), Iron: 2.48mg (13.78%), Copper: 0.26mg (12.97%), Fiber: 2.64g (10.58%), Folate: 34.93µg (8.73%), Vitamin A: 342.34IU (6.85%), Vitamin E: 0.84mg (5.59%), Calcium: 44.19mg (4.42%), Vitamin D: 0.15µg (1.01%)