



## Chicken Thighs Véronique

 Gluten Free

READY IN



36 min.

SERVINGS



14

CALORIES



147 kcal

SIDE DISH

### Ingredients

- 1 cup and/or grapes green red seedless halved
- 0.5 cup heavy cream
- 0.5 cup chicken broth low-sodium
- 1 teaspoon orange zest grated
- 14 servings salt and pepper
- 1 small shallots minced
- 8 chicken thighs boneless skinless
- 2 tablespoons butter unsalted

2 tablespoons vegetable oil

## Equipment

frying pan

aluminum foil

## Directions

- Trim excess fat from chicken thighs. Season both sides with salt and pepper.
- Melt butter with oil in a large skillet over medium heat. When foam subsides, cook chicken until browned and cooked through, turning often, 10 to 12 minutes total. Work in batches and adjust heat if necessary to prevent scorching.
- Transfer to a plate and cover loosely with foil to keep warm.
- Pour off all but 1 Tbsp. fat from skillet.
- Add shallot and cook, stirring, until slightly softened, about 1 minute.
- Pour in broth and bring to a boil, scraping up any browned bits, until liquid has reduced by half, about 2 minutes.
- Pour in cream and boil until reduced by half, stirring often, about 3 minutes. Stir in grapes and orange zest. Cook, stirring, until grapes have softened and warmed through and sauce has thickened, about 3 minutes. Season with salt and pepper.
- Arrange 2 thighs on each of 4 plates and spoon sauce on top.
- Serve immediately.

## Nutrition Facts

  
**PROTEIN 35.41%** **FAT 57.41%** **CARBS 7.18%**

## Properties

Glycemic Index:5.43, Glycemic Load:0.93, Inflammation Score:-2, Nutrition Score:6.0878261275913%

## Nutrients (% of daily need)

Calories: 147.47kcal (7.37%), Fat: 9.36g (14.4%), Saturated Fat: 3.96g (24.78%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.46g (0.9%), Sugar: 2.07g (2.3%), Cholesterol: 75.25mg (25.08%), Sodium: 256.74mg (11.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.98%), Selenium: 14.9µg (21.29%), Vitamin B3: 3.75mg

(18.77%), Vitamin B6: 0.31mg (15.35%), Phosphorus: 131.95mg (13.19%), Vitamin B2: 0.14mg (8.32%), Vitamin B5: 0.81mg (8.1%), Vitamin B12: 0.44µg (7.31%), Vitamin K: 7.45µg (7.09%), Zinc: 1.03mg (6.85%), Potassium: 200.91mg (5.74%), Vitamin B1: 0.07mg (4.57%), Magnesium: 16.74mg (4.18%), Vitamin A: 198.22IU (3.96%), Iron: 0.61mg (3.37%), Copper: 0.06mg (2.86%), Vitamin E: 0.42mg (2.81%), Calcium: 14.33mg (1.43%), Manganese: 0.02mg (1.19%), Vitamin D: 0.17µg (1.11%)