



Chicken Thighs with Cherry Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1047 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs bone-in
- ☐ 16 oz cherries unsweetened packed in water, drained canned
- ☐ 0.5 cup cherry preserves
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

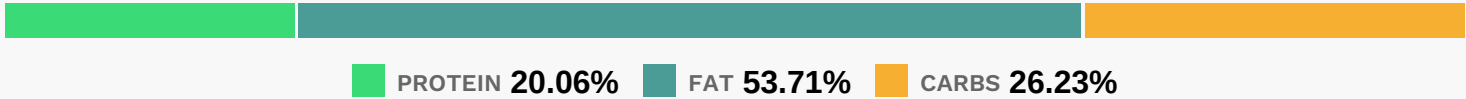
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F. Trim excess fat from chicken and season on all sides with salt and pepper. Melt butter with oil in a large skillet over medium-high heat.
- ☐ Place flour in a bowl; add chicken, turning to coat. Shake off excess and place chicken, skin side down, in skillet. Discard leftover flour. Cook chicken until golden brown, about 7 minutes. (If skillet is too small, cook in batches.)
- ☐ Transfer to a large baking dish, skin side up.
- ☐ Bake until meat near bone shows no traces of pink, about 25 minutes.
- ☐ Pour off fat from skillet and return skillet to medium-high heat.
- ☐ Add wine and cook, stirring to pick up any browned bits on bottom, until liquid is reduced by half, about 2 minutes.
- ☐ Add broth, increase heat to high and boil rapidly until reduced and thickened, about 2 minutes. Reduce heat to medium-high; stir in preserves. Cook, stirring often, until thickened and glossy, about 5 minutes. Stir in cherries and cook until warmed through, about 3 minutes. Season with salt and pepper.
- ☐ Arrange chicken on plates or a platter. Spoon cherry sauce on top and serve warm.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:32.37, Inflammation Score:-6, Nutrition Score:26.953913004502%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 5.18mg, Catechin: 5.18mg, Catechin: 5.18mg, Catechin: 5.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 5.83mg, Epicatechin: 5.83mg, Epicatechin: 5.83mg, Epicatechin: 5.83mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 1047.44kcal (52.37%), Fat: 61.14g (94.07%), Saturated Fat: 17.71g (110.69%), Carbohydrates: 67.17g (22.39%), Net Carbohydrates: 63.69g (23.16%), Sugar: 35.52g (39.47%), Cholesterol: 298.27mg (99.42%), Sodium: 441.51mg (19.2%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 51.38g (102.77%), Selenium: 62.94µg (89.91%), Vitamin B3: 15.43mg (77.17%), Vitamin B6: 1.08mg (54.19%), Phosphorus: 529.75mg (52.98%), Vitamin B2: 0.58mg (34.28%), Vitamin B5: 3.29mg (32.94%), Vitamin B12: 1.89µg (31.52%), Vitamin B1: 0.44mg (29.14%), Potassium: 950.39mg (27.15%), Zinc: 3.95mg (26.36%), Iron: 3.79mg (21.04%), Vitamin K: 21.64µg (20.61%), Magnesium: 77.68mg (19.42%), Manganese: 0.34mg (16.92%), Copper: 0.31mg (15.46%), Folate: 61.28µg (15.32%), Vitamin C: 11.68mg (14.15%), Fiber: 3.48g (13.93%), Vitamin E: 1.47mg (9.8%), Vitamin A: 472.92IU (9.46%), Calcium: 55.56mg (5.56%), Vitamin D: 0.39µg (2.63%)