

Chicken Vesuvio

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large baking potatoes peeled cut into 8 wedges
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound skin-on chicken drumsticks
- ☐ 1.3 pounds chicken thighs
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 12 garlic cloves

- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons oregano fresh finely chopped
- ☐ 1 cup peas green frozen
- ☐ 0.8 teaspoon salt divided

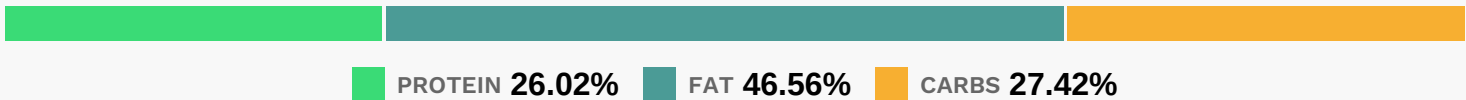
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Sprinkle chicken pieces evenly with 1/4 teaspoon salt and pepper.
- ☐ Heat oil over medium-high heat in a large Dutch oven.
- ☐ Add chicken; cook 3 minutes on each side or until browned.
- ☐ Remove chicken from pan.
- ☐ Add whole garlic cloves to pan; saut 1 minute or until lightly browned.
- ☐ Remove from pan.
- ☐ Add potatoes to pan; saut 6 minutes or until lightly browned. Return chicken and whole garlic cloves to pan.
- ☐ Add remaining 1/2 teaspoon salt, broth, white wine, fresh oregano, and minced garlic cloves; bring to a simmer.
- ☐ Cover and bake at 350 for 30 minutes or until chicken is done and potatoes are tender.
- ☐ Add frozen peas; bake an additional 8 minutes or until peas are tender.

Nutrition Facts



Properties

Glycemic Index:60.27, Glycemic Load:28.78, Inflammation Score:-10, Nutrition Score:31.626087157623%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 690.05kcal (34.5%), Fat: 34.71g (53.4%), Saturated Fat: 8.83g (55.22%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 39.69g (14.43%), Sugar: 3.83g (4.26%), Cholesterol: 208.81mg (69.6%), Sodium: 871.65mg (37.9%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 43.64g (87.29%), Vitamin B6: 1.63mg (81.44%), Vitamin B3: 13.52mg (67.61%), Selenium: 45.58µg (65.12%), Phosphorus: 524.16mg (52.42%), Manganese: 0.89mg (44.75%), Potassium: 1447.29mg (41.35%), Vitamin K: 43.11µg (41.06%), Vitamin C: 28.38mg (34.4%), Vitamin B5: 3mg (29.99%), Zinc: 4.49mg (29.92%), Vitamin B1: 0.45mg (29.83%), Iron: 5.3mg (29.46%), Magnesium: 113.07mg (28.27%), Vitamin B2: 0.47mg (27.69%), Fiber: 6.31g (25.24%), Vitamin B12: 1.44µg (23.98%), Copper: 0.44mg (22.08%), Folate: 66.02µg (16.5%), Calcium: 136.71mg (13.67%), Vitamin E: 1.71mg (11.37%), Vitamin A: 490.09IU (9.8%), Vitamin D: 0.22µg (1.45%)