



Chicken Vesuvio

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2.5 lb chicken cut into 8 pieces
- 0.5 teaspoon rosemary dried crumbled
- 0.5 teaspoon thyme dried crumbled
- 1 cup wine dry white
- 0.5 cup flour all-purpose
- 0.3 cup parsley fresh chopped
- 4 garlic clove minced to taste ()

- 1 cup peas green cooked
- 2 cups olive oil
- 1 teaspoon oregano dried crumbled
- 4 baking potatoes (baking)
- 0.5 teaspoon salt

Equipment

- frying pan
- paper towels
- oven
- whisk
- kitchen thermometer
- tongs

Directions

- Whisk together flour, pepper, salt, and dried herbs. Dredge chicken in flour mixture, shaking off excess.
- Heat 1/2 inch oil in an ovenproof 10-inch heavy skillet (preferably seasoned cast iron) until a deep-fat thermometer registers 360°F, then fry chicken in 2 batches, turning, until golden brown, 15 to 18 minutes.
- Transfer chicken as fried with tongs to paper towels to drain and season with salt and pepper.
- Cut potatoes lengthwise into eighths while chicken is cooking.
- Return oil to 360°F and cook potatoes in 3 batches, turning, until golden brown, 7 to 10 minutes.
- Transfer potatoes as cooked with tongs to paper towels to drain, then season with salt and pepper. Cool oil in skillet 15 minutes.
- Preheat oven to 350°F.
- Pour off all but 1/4 inch oil from skillet, then carefully add wine down side. Stir in garlic and return chicken and potatoes to skillet, alternating them and crowding as necessary.

Bake, uncovered, until potatoes are tender and chicken is tender and somewhat crisp, about 25 minutes.

Serve chicken and potatoes with pan juices and scatter with warm peas and parsley.

Nutrition Facts

PROTEIN 17.94% **FAT 50.81%** **CARBS 31.25%**

Properties

Glycemic Index:97.02, Glycemic Load:40.89, Inflammation Score:-9, Nutrition Score:30.441304347826%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg 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: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 795.38kcal (39.77%), Fat: 42.65g (65.61%), Saturated Fat: 8.97g (56.09%), Carbohydrates: 59.02g (19.67%), Net Carbohydrates: 53.24g (19.36%), Sugar: 4.08g (4.53%), Cholesterol: 102.06mg (34.02%), Sodium: 405.01mg (17.61%), Alcohol: 6.18g (34.33%), Protein: 33.87g (67.75%), Vitamin K: 95.37µg (90.83%), Vitamin B6: 1.36mg (67.83%), Vitamin B3: 13.31mg (66.53%), Vitamin C: 34.82mg (42.21%), Manganese: 0.81mg (40.47%), Phosphorus: 392.17mg (39.22%), Selenium: 26.93µg (38.47%), Potassium: 1337.01mg (38.2%), Vitamin B1: 0.49mg (32.63%), Iron: 5.25mg (29.17%), Magnesium: 102.32mg (25.58%), Vitamin E: 3.73mg (24.87%), Folate: 98.14µg (24.53%), Fiber: 5.77g (23.08%), Vitamin B2: 0.38mg (22.25%), Zinc: 3.13mg (20.88%), Vitamin B5: 2.05mg (20.54%), Copper: 0.4mg (19.79%), Vitamin A: 801.13IU (16.02%), Calcium: 82.08mg (8.21%), Vitamin B12: 0.42µg (7.03%), Vitamin D: 0.27µg (1.81%)