

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

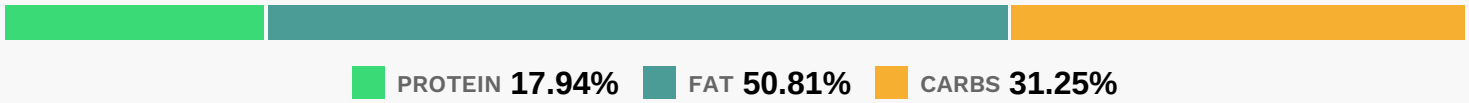
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ tongs

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



Properties

Glycemic Index:97.02, Glycemic Load:40.89, Inflammation Score:-9, Nutrition Score:30.441304787346%

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 (100%), Alcohol %: 1.36% (100%), 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%)