



Chicken with 40 Cloves of Garlic and Spicy Greens

READY IN



120 min.

SERVINGS



8

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds bunches of kale trimmed
- 1 tablespoon butter softened
- 5 lbs meat from a rotisserie chicken cut into 8 pieces
- 1 fresno chiles red sliced into thin rings
- 0.8 cup cooking wine dry white
- 1 tablespoon flour
- 2 bay leaves fresh
- 1 tablespoon rosemary fresh minced

- 1 teaspoon thyme leaves fresh minced
- 4 small to 6 garlic heads
- 2 teaspoons lemon zest
- 0.8 cup chicken broth reduced-sodium
- 2 tablespoons meyer lemon juice
- 6 tablespoons olive oil divided
- 0.3 cup sea salt fine
- 2 pounds swiss chard green trimmed

Equipment

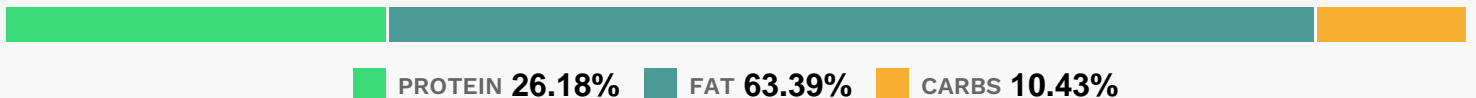
- bowl
- frying pan
- oven
- whisk
- pot
- baking pan
- kitchen thermometer
- kitchen towels

Directions

- Preheat oven to 400 with rack in middle position. In a large bowl, dissolve 1/4 cup salt in 2 qts. cold water; add chicken.
- Let sit at room temperature 45 minutes.
- Meanwhile, bring a small pot of water to boil. Separate garlic into cloves, put in a metal bowl, and fit another bowl over garlic so it forms a domed lid. Vigorously shake bowls together for several seconds, as though you're mixing a cocktail; the cloves should shed their skins. Repeat if necessary.
- Boil peeled garlic 30 seconds.
- Drain, rinse with cold water, trim any brown spots and hard stem ends, and set aside.

- Heat 3 tbsp. oil in a large pot over medium heat. Meanwhile, tear chard and beet greens into large pieces. When oil is just hot, add 1/3 of greens and let wilt down, stirring occasionally.
- Add remaining greens the same way. Stir in chiles, zest, and salt to taste and cook, covered, stirring occasionally, until greens are tender, 10 to 15 minutes. Set aside, covered.
- Remove chicken from brine, dry thoroughly on kitchen towels, and season lightly with salt.
- Heat 2 tbsp. oil in a 12-in. ovenproof frying pan over medium-high heat. Working in 2 batches, brown chicken on both sides, about 4 minutes per side, and transfer to a baking pan in a single layer.
- Add wine, chicken broth, garlic, and herbs to pan and bring to a simmer, scraping up browned bits. Return chicken to pan skin side up and roast in oven, uncovered, until an instant-read thermometer inserted in thickest part of thigh reads 160, 12 to 14 minutes. Broil chicken 5 minutes to re-crisp skin.
- Meanwhile, stir lemon juice into greens and reheat, uncovered to evaporate some liquid, until hot, about 5 minutes. Stir in remaining 1 tbsp. oil. Spoon greens onto a platter and top with chicken and garlic (remove bay leaves).
- Blend butter and flour into a paste with a fork, then whisk into juices in pan. Boil until slightly thickened, about 3 minutes, and pour into a serving pitcher.
- Add a few thyme sprigs to the platter if you like and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:37.106956378273%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg Myricetin: 3.55mg, Myricetin: 3.55mg, Myricetin: 3.55mg, Myricetin: 3.55mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 476.16kcal (23.81%), Fat: 32.99g (50.76%), Saturated Fat: 8.33g (52.04%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 5.94g (2.16%), Sugar: 2.5g (2.78%), Cholesterol: 105.82mg (35.27%), Sodium: 4149.9mg (180.43%), Alcohol: 2.32g (100%), Alcohol %: 0.66% (100%), Protein: 30.67g (61.34%), Vitamin K: 1404.19µg (1337.32%), Vitamin A: 14418.15IU (288.36%), Vitamin C: 81.34mg (98.59%), Vitamin B3: 10.64mg (53.19%), Magnesium: 203.9mg (50.98%), Manganese: 0.97mg (48.56%), Potassium: 1621.33mg (46.32%), Vitamin E: 5.85mg (39.02%), Vitamin B6: 0.77mg (38.73%), Iron: 6.59mg (36.58%), Selenium: 22.25µg (31.79%), Vitamin B2: 0.54mg (31.71%), Phosphorus: 316.48mg (31.65%), Copper: 0.52mg (25.81%), Fiber: 6.27g (25.1%), Calcium: 217.3mg (21.73%), Zinc: 2.73mg (18.2%), Vitamin B5: 1.76mg (17.64%), Vitamin B1: 0.26mg (17.18%), Folate: 45.7µg (11.42%), Vitamin B12: 0.45µg (7.45%), Vitamin D: 0.27µg (1.81%)