



Chicken with Artichokes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 baby artichokes
- ☐ 2 bay leaves
- ☐ 3.5 pound chicken cut into 8 pieces
- ☐ 3 large garlic clove peeled
- ☐ 1 optional: lemon halved
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 20 pearl onions boiling peeled

- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 cup water

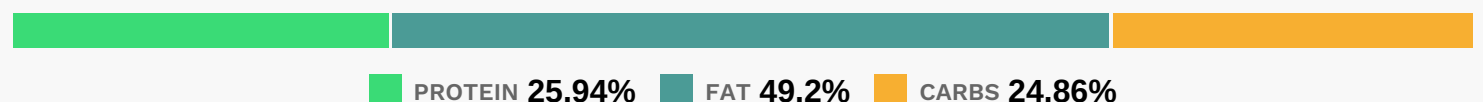
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot

Directions

- ☐ Squeeze juice from lemon halves into large bowl; add lemon halves. Fill bowl with water. Trim stem of 1 artichoke. Starting at base, bend leaves back and snap off where they break naturally, continuing until all tough outer leaves have been removed. Using small sharp knife, trim outside of base until smooth and no dark green areas remain.
- ☐ Cut artichoke in half lengthwise; cut out any choke.
- ☐ Add to lemon water. Repeat with remaining artichokes.
- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper. Working in batches, add chicken to pot and brown well on all sides, about 12 minutes per batch.
- ☐ Transfer chicken to plate.
- ☐ Drain artichokes.
- ☐ Add artichokes and pearl onions to pot and sauté until onions are golden, about 6 minutes.
- ☐ Add vinegar and stir until evaporated, about 3 minutes. Stir in 1/2 cup water, garlic and bay leaves. Arrange chicken atop vegetables.
- ☐ Sprinkle generously with salt and pepper. Cover; simmer until chicken is tender, about 30 minutes. Discard bay leaves.
- ☐ Transfer chicken and vegetables to platter.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:28.086086895155%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 30.81mg, Quercetin: 30.81mg, Quercetin: 30.81mg, Quercetin: 30.81mg

Nutrients (% of daily need)

Calories: 691.67kcal (34.58%), Fat: 39.47g (60.72%), Saturated Fat: 9.74g (60.88%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 27.61g (10.04%), Sugar: 11.68g (12.98%), Cholesterol: 142.88mg (47.63%), Sodium: 464.02mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.83g (93.65%), Fiber: 17.26g (69.04%), Vitamin K: 71.32µg (67.92%), Vitamin B3: 13.22mg (66.12%), Vitamin A: 2872IU (57.44%), Vitamin C: 39.35mg (47.69%), Vitamin B6: 0.9mg (45.03%), Selenium: 28.62µg (40.88%), Iron: 6.69mg (37.17%), Phosphorus: 334.74mg (33.47%), Vitamin B5: 2mg (19.98%), Zinc: 2.84mg (18.95%), Potassium: 652.31mg (18.64%), Vitamin B2: 0.28mg (16.52%), Calcium: 163.28mg (16.33%), Magnesium: 58.65mg (14.66%), Manganese: 0.29mg (14.62%), Vitamin E: 2.18mg (14.56%), Vitamin B1: 0.2mg (13.46%), Folate: 48.76µg (12.19%), Vitamin B12: 0.59µg (9.84%), Copper: 0.18mg (8.93%), Vitamin D: 0.38µg (2.54%)