



Chicken with Artichokes and Lemon

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz artichoke hearts drained coarsely chopped
- ☐ 1.5 pounds chicken thighs boneless skinless dry
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 1 optional: lemon thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup white wine

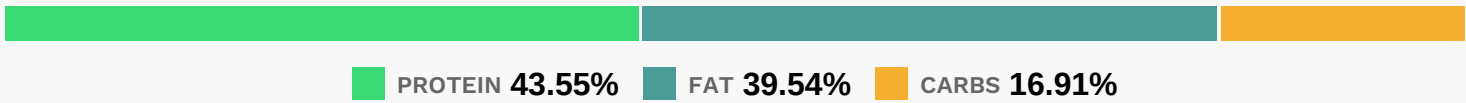
Equipment

☐ frying pan

Directions

- ☐ Sprinkle chicken with salt and pepper and dredge in flour. Warm oil in a large skillet over medium-high heat.
- ☐ Add chicken and cook, turning once, until browned on both sides, about 4 minutes total.
- ☐ Add wine and artichokes and bring to a boil. Reduce heat, cover and simmer until chicken is almost cooked through, 10 to 15 minutes. Scatter lemon slices over chicken, cover and cook until chicken is done, 2 to 3 minutes longer.
- ☐ Transfer chicken and lemon slices to a platter.
- ☐ Stir thyme into sauce and season with additional salt and pepper, if desired.
- ☐ Pour over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:3.35, Inflammation Score:-5, Nutrition Score:11.390869666701%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 245.42kcal (12.27%), Fat: 9.3g (14.31%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.39g (2.69%), Sugar: 1.28g (1.43%), Cholesterol: 107.73mg (35.91%), Sodium: 506.56mg (22.02%), Alcohol: 4.12g (100%), Alcohol %: 2.19% (100%), Protein: 23.06g (46.12%), Selenium: 27.51µg (39.29%), Vitamin B3:

6.71mg (33.54%), Vitamin B6: 0.54mg (27.12%), Phosphorus: 228.11mg (22.81%), Vitamin B5: 1.44mg (14.37%), Vitamin B2: 0.24mg (13.98%), Vitamin C: 10.07mg (12.21%), Zinc: 1.83mg (12.17%), Vitamin B12: 0.73µg (12.1%), Vitamin K: 11.8µg (11.24%), Vitamin B1: 0.15mg (10.15%), Potassium: 338.71mg (9.68%), Magnesium: 33.21mg (8.3%), Iron: 1.43mg (7.92%), Fiber: 1.56g (6.26%), Manganese: 0.11mg (5.6%), Folate: 16.6µg (4.15%), Copper: 0.08mg (4.06%), Vitamin E: 0.61mg (4.03%), Calcium: 20.74mg (2.07%)