



Chicken with Green Olives, Orange, and Sherry

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.8 pound meat from a rotisserie chicken cut into 8 pieces
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon honey
- ☐ 1 cup low-salt chicken broth
- ☐ 0.3 cup brine-cured olives green (such as picholine)
- ☐ 2 tablespoons olive oil
- ☐ 1 cranberry-orange relish halved lengthwise cut into 5 wedges

- ☐ 1 cup shallots sliced (3 large)
- ☐ 1 cup cooking sherry

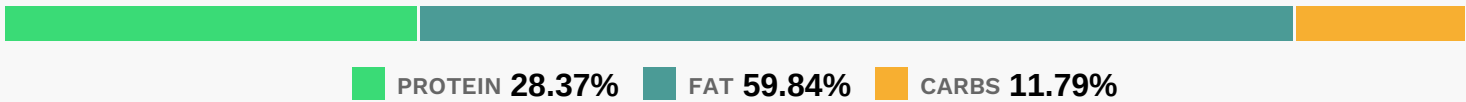
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Heat oil in large ovenproof skillet over high heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken to skillet; cook until skin is crisp and browned, about 6 minutes per side.
- ☐ Transfer chicken to plate. Reduce heat to medium-high.
- ☐ Drain all but 2 tablespoons drippings from skillet.
- ☐ Add shallots; stir until soft and beginning to brown, about 2 minutes.
- ☐ Add garlic; stir 30 seconds.
- ☐ Add Sherry; boil until reduced by half, scraping up browned bits, about 3 minutes.
- ☐ Add chicken broth; bring to boil. Return chicken, skin side up, to skillet.
- ☐ Place orange wedges and olives among chicken pieces.
- ☐ Transfer to oven and braise uncovered until chicken is cooked through, about 20 minutes.
- ☐ Transfer chicken to platter. Bring sauce to boil over high heat. Stir in honey; boil until thickened, about 5 minutes. Season with salt and pepper.
- ☐ Pour sauce, oranges, and olives over chicken, or return chicken to skillet and serve.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:6.35, Inflammation Score:-7, Nutrition Score:23.864347675572%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 9.16mg, Hesperetin: 9.16mg, Hesperetin: 9.16mg, Hesperetin: 9.16mg Naringenin: 5.25mg, Naringenin: 5.25mg, Naringenin: 5.25mg, Naringenin: 5.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 768.88kcal (38.44%), Fat: 48.12g (74.03%), Saturated Fat: 12.46g (77.87%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 18.23g (6.63%), Sugar: 12.76g (14.17%), Cholesterol: 193.91mg (64.64%), Sodium: 384.89mg (16.73%), Alcohol: 6.18g (100%), Alcohol %: 1.58% (100%), Protein: 51.33g (102.65%), Vitamin B3: 18.71mg (93.56%), Vitamin B6: 1.19mg (59.39%), Selenium: 38.52µg (55.03%), Phosphorus: 451.59mg (45.16%), Vitamin C: 26.79mg (32.47%), Vitamin B5: 2.65mg (26.48%), Zinc: 3.81mg (25.41%), Potassium: 852.36mg (24.35%), Vitamin B2: 0.37mg (21.55%), Iron: 3.5mg (19.43%), Magnesium: 75.71mg (18.93%), Manganese: 0.33mg (16.48%), Vitamin E: 2.3mg (15.31%), Vitamin B1: 0.23mg (15.16%), Vitamin B12: 0.86µg (14.34%), Fiber: 3.09g (12.37%), Copper: 0.24mg (12.16%), Folate: 46.54µg (11.63%), Vitamin A: 482.37IU (9.65%), Vitamin K: 8.99µg (8.56%), Calcium: 80.13mg (8.01%), Vitamin D: 0.52µg (3.45%)