



Chicken with Olives, Caramelized Onions, and Sage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



896 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 pound chickens cut into quarters, backbones removed
- ☐ 750 ml cooking wine dry white divided
- ☐ 9 large sage leaves fresh
- ☐ 8 large garlic cloves peeled
- ☐ 2 teaspoons ground cumin
- ☐ 1.5 tablespoons honey
- ☐ 2 teaspoons hungarian paprika sweet

- ☐ 3 cups brine-cured mediterranean olives assorted (such as Kalamata and picholine)
- ☐ 0.7 cup olive oil
- ☐ 1.3 pounds onions red thinly sliced
- ☐ 2 teaspoons salt
- ☐ 8 large shallots peeled
- ☐ 3 turkish bay leaf
- ☐ 1 teaspoon turmeric
- ☐ 1.3 pounds onions white thinly sliced

Equipment

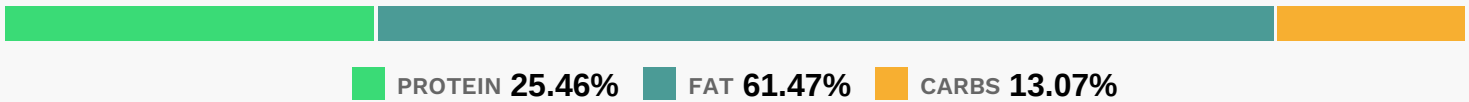
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Rinse chicken; pat dry. Arrange on foil.
- ☐ Mix cumin, salt, paprika, and turmeric in bowl.
- ☐ Sprinkle over both sides of chicken.
- ☐ Let stand while preparing onions.
- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Add all onions. Sauté until pale golden, about 30 minutes.
- ☐ Mix in honey. Sauté until onions are deep brown, about 15 minutes. Turn off heat. Tilt skillet, pushing onions toward top and allowing oil to pool at bottom. Set aside 1/3 cup onions for pilaf. Using slotted spoon, spread remaining onions evenly in large roasting pan. Reserve skillet with oil.
- ☐ Position rack in center of oven and preheat to 350°F.

- ☐ Heat oil reserved in skillet over medium-high heat. Working in batches, brown chicken, about 5 minutes per side. Arrange chicken, skin side up, in single layer atop onions in roasting pan.
- ☐ Remove skillet from heat.
- ☐ Add 1/2 cup wine to hot skillet.
- ☐ Let stand until bubbling stops.
- ☐ Add remaining wine.
- ☐ Place skillet over medium-high heat; boil until reduced to 2 cups, scraping up bits, about 9 minutes. Tuck sage, shallots, garlic, and bay leaves among chicken quarters.
- ☐ Sprinkle with pepper. Spoon wine mixture over.
- ☐ Cover pan tightly with foil and bake chicken 30 minutes. Uncover; sprinkle olives over chicken. Baste with juices. Return to oven, uncovered, and continue baking until chicken is tender, basting 2 more times, about 35 minutes.
- ☐ Transfer chicken, vegetables, and olives to platter.
- ☐ Serve with pan juices.

Nutrition Facts



Properties

Glycemic Index:25.78, Glycemic Load:6.31, Inflammation Score:-10, Nutrition Score:31.766521516054%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 28.86mg, Quercetin: 28.86mg, Quercetin: 28.86mg, Quercetin: 28.86mg

Nutrients (% of daily need)

Calories: 895.84kcal (44.79%), Fat: 56.53g (86.96%), Saturated Fat: 14.4g (89.98%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 21.8g (7.93%), Sugar: 12.5g (13.89%), Cholesterol: 249.17mg (83.06%), Sodium: 1586.49mg (68.98%), Alcohol: 9.8g (100%), Alcohol %: 1.97% (100%), Protein: 52.67g (105.35%), Vitamin B3: 19.17mg

(95.85%), Vitamin B6: 1.3mg (65.15%), Vitamin A: 2900.44IU (58.01%), Phosphorus: 562.85mg (56.28%), Selenium: 35.7µg (51%), Vitamin B12: 2.87µg (47.81%), Vitamin B2: 0.57mg (33.52%), Vitamin B5: 3.29mg (32.87%), Iron: 5.73mg (31.82%), Zinc: 4.29mg (28.58%), Folate: 113.86µg (28.47%), Potassium: 988.39mg (28.24%), Manganese: 0.55mg (27.6%), Vitamin C: 20.52mg (24.88%), Copper: 0.47mg (23.72%), Magnesium: 93.72mg (23.43%), Fiber: 5.24g (20.98%), Vitamin B1: 0.28mg (18.52%), Vitamin E: 2.66mg (17.72%), Calcium: 118.64mg (11.86%), Vitamin K: 4.54µg (4.32%)