



Chicken with Prunes and Oregano



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 baby zucchini halved lengthwise
- ☐ 1 bay leaves
- ☐ 0.3 tsp pepper black freshly ground
- ☐ 0.3 cup capers drained
- ☐ 0.5 cup chicken broth
- ☐ 6 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs with thighs attached, 4 lbs.
- ☐ 3 cloves garlic minced
- ☐ 1 tsp kosher salt

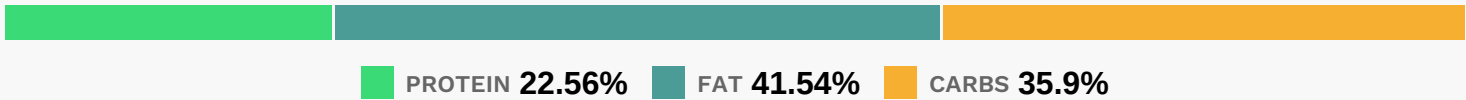
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp oregano dried
- ☐ 1 cup prune- cut to pieces pitted
- ☐ 0.3 cup red wine
- ☐ 1 shallots minced
- ☐ 0.3 cup onion red finely chopped

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Chicken with Prunes and Oregano
- ☐ Chicken Ingredients6 skin on chicken legs with thighs attached, about 4 lbs.1 tbsp kosher salt1 tsp freshly ground black pepper1/4 cup olive oil1/4 cup finely chopped shallots or red onion3 cloves garlic, minced1/4 cup red wine1 cup pitted prunes1/4 cup capers, drained1 bay leaf2 tbsp dried oregano1/2 cup packed light brown sugar1/2 cup chicken broth
- ☐ Baby Zucchini Ingredients2 tbsp olive oil1 shallot, minced12 baby zucchini, halved lengthwise1 tsp kosher salt1/4 tsp freshly ground black pepper
- ☐ Servings: 6
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:34.988260823747%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 9.64mg, Kaempferol: 9.64mg, Kaempferol: 9.64mg, Kaempferol: 9.64mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.59mg, Quercetin: 14.59mg, Quercetin: 14.59mg, Quercetin: 14.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 562.45kcal (28.12%), Fat: 27.09g (41.68%), Saturated Fat: 6.67g (41.69%), Carbohydrates: 52.66g (17.55%), Net Carbohydrates: 45.05g (16.38%), Sugar: 29.7g (33%), Cholesterol: 120.19mg (40.06%), Sodium: 789.77mg (34.34%), Alcohol: 1.06g (100%), Alcohol %: 0.22% (100%), Protein: 33.1g (66.2%), Vitamin C: 135.76mg (164.56%), Potassium: 2368.58mg (67.67%), Phosphorus: 598.13mg (59.81%), Vitamin B6: 1.1mg (54.98%), Manganese: 1.06mg (52.86%), Vitamin B3: 9.64mg (48.22%), Vitamin A: 2306.73IU (46.13%), Magnesium: 177.77mg (44.44%), Zinc: 5.42mg (36.16%), Selenium: 25.23µg (36.05%), Vitamin K: 35.44µg (33.76%), Fiber: 7.62g (30.47%), Copper: 0.59mg (29.7%), Iron: 5.31mg (29.53%), Vitamin B5: 2.92mg (29.18%), Vitamin B2: 0.41mg (24.4%), Folate: 93.4µg (23.35%), Vitamin B1: 0.29mg (19.4%), Calcium: 159.3mg (15.93%), Vitamin B12: 0.73µg (12.09%), Vitamin E: 1.46mg (9.74%)