



Chicken with saffron, raisins & pine nuts



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings ¼kg chicken for you or see know-how (ask your butcher to do this)
- ☐ 2 tbsp olive oil
- ☐ 2 onions chopped
- ☐ 3 garlic cloves chopped
- ☐ 1 pinch saffron threads good (20 strands)
- ☐ 125 ml cooking sherry dry (such as Fino or Manzanilla)
- ☐ 200 ml chicken stock see
- ☐ 1 tbsp thyme leaves

- ☐ 50 g raisins
- ☐ 2 tbsp pinenuts
- ☐ 1 handful flat-leaf parsley chopped

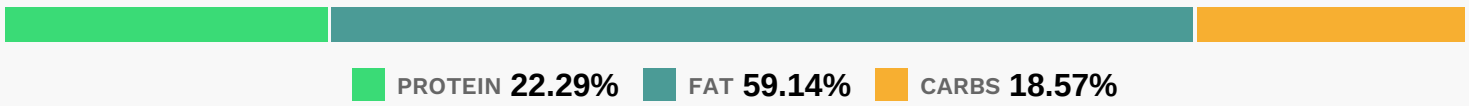
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat a large frying pan on a high heat and season the chicken.
- ☐ Add the olive oil to the pan, then the chicken. Brown for about 5 mins on each side, remove onto a plate, then set aside.
- ☐ Lower the heat to medium. In the remaining fat, fry the onions for 3 mins, then add the garlic and saffron. Cook for 3–4 mins more.
- ☐ Add the sherry, then simmer for 3–5 mins until syrupy.
- ☐ Put the chicken leg pieces back into the pan, tip in the stock, thyme and raisins, cover, then gently cook on a low heat for 20 mins.
- ☐ Add the breast meat and any juices left on the plate. Simmer for 10 mins more until cooked through and the sauce in the pan has reduced.
- ☐ While the chicken is cooking, heat oven to 200C/180C fan/gas
- ☐ Scatter the pine nuts over a baking sheet, then roast for 10 mins until golden and toasted. Once the chicken has cooked through, season to taste, scatter with pine nuts and parsley, then serve with rice.

Nutrition Facts



Properties

Glycemic Index:69.45, Glycemic Load:6.83, Inflammation Score:-9, Nutrition Score:14.710869405581%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 437.53kcal (21.88%), Fat: 27.54g (42.37%), Saturated Fat: 6.11g (38.16%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 17.16g (6.24%), Sugar: 3.65g (4.05%), Cholesterol: 82.88mg (27.63%), Sodium: 157.11mg (6.83%), Alcohol: 3.27g (100%), Alcohol %: 1.5% (100%), Protein: 23.35g (46.71%), Vitamin B3: 8.7mg (43.48%), Manganese: 0.68mg (33.75%), Vitamin B6: 0.56mg (27.78%), Selenium: 17.47µg (24.96%), Vitamin K: 25.42µg (24.21%), Phosphorus: 238.85mg (23.89%), Potassium: 519.57mg (14.84%), Vitamin B2: 0.24mg (14.04%), Vitamin C: 11.47mg (13.9%), Zinc: 2.04mg (13.58%), Magnesium: 52.59mg (13.15%), Iron: 2.33mg (12.95%), Vitamin E: 1.84mg (12.24%), Copper: 0.22mg (11.19%), Vitamin B5: 1.11mg (11.15%), Vitamin B1: 0.15mg (9.88%), Fiber: 2.3g (9.18%), Vitamin A: 323.59IU (6.47%), Folate: 24.27µg (6.07%), Vitamin B12: 0.34µg (5.6%), Calcium: 45.88mg (4.59%), Vitamin D: 0.22µg (1.45%)